

Andalusia Sauce (Salsa Andaluza)

Ana Maria Calera (Cocina Andaluza)
The Good Cook Sauces - Time-Life Books

Yield: 1 1/2 cups

1/2 pound (two cups) pumpkin,
peeled, seeded and cut into 1/2-inch
squares

1 clove garlic

2 black peppercorns

1 large tomato, peeled and seeded

3 tablespoons white wine vinegar
salt

Boil the pumpkin in a little water until tender, 10
to 15 minutes. Drain it and set aside.

Pound the garlic and the peppercorns together in
a mortar.

Add the tomato and the pumpkin. Pound the
ingredients well, then add the vinegar and a little
salt.

*This thick sauce is suitable for
asparagus or broccoli and for roast
pork. Any winter squash can replace
the pumpkin.*

Per Serving (excluding unknown
items): 52 Calories; trace Fat (6.6%
calories from fat); 2g Protein; 13g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 13mg Sodium.
Exchanges: 0 Grain(Starch); 1 1/2
Vegetable; 0 Fat; 0 Other
Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	52	Vitamin B6 (mg):	.2mg
% Calories from Fat:	6.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	82.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	28mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	13mg	Vegetable:	1 1/2
Potassium (mg):	529mg	Fruit:	0

Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 30mg
Vitamin A (i.u.): 1695IU
Vitamin A (r.e.): 169RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 52 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	13g	4%
Dietary Fiber	2g	7%
Protein	2g	
<hr/>		
Vitamin A		34%
Vitamin C		49%
Calcium		3%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.