



Charred Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings kosher salt
- ☐ 2 tablespoons juice of lime fresh ()
- ☐ 1 serrano chile halved seeded
- ☐ 0.5 pound tomatillos dry husked rinsed
- ☐ 0.5 large onion white cut into 8 wedges

Equipment

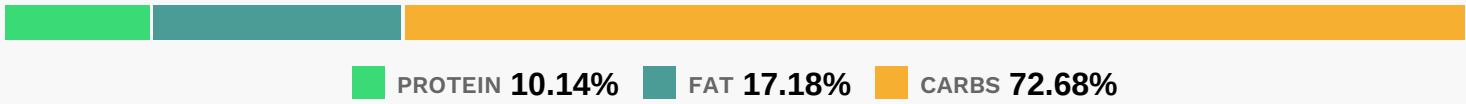
- ☐ blender
- ☐ aluminum foil

☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place tomatillos, onion, and jalapeño on a foil-lined rimmed baking sheet. Broil, turning halfway through, until blistered, 12–15 minutes.
- ☐ Let cool.
- ☐ Transfer tomatillo mixture to a blender, add 2 tablespoons lime juice, and pulse until a chunky purée forms. Season with salt and more lime juice, if desired. DO AHEAD: Salsa can be made 3 days ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index: 3.38, Glycemic Load: 0.19, Inflammation Score: -1, Nutrition Score: 1.5195652259433%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 14kcal (0.7%), Fat: 0.3g (0.47%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 194.6mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 5.47mg (6.63%), Fiber: 0.74g (2.96%), Manganese: 0.06mg (2.9%), Vitamin K: 3.01µg (2.87%), Vitamin B3: 0.55mg (2.76%), Potassium: 96.38mg (2.75%), Magnesium: 7.08mg (1.77%), Vitamin B6: 0.03mg (1.62%), Phosphorus: 14.6mg (1.46%), Copper: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.21%), Iron: 0.21mg (1.15%), Folate: 4.31µg (1.08%)