



Charred Tomatillo Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 0.5 head garlic unpeeled halved
- ☐ 1 jalapeno
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pound tomatillos husked
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 small onion white halved lengthwise

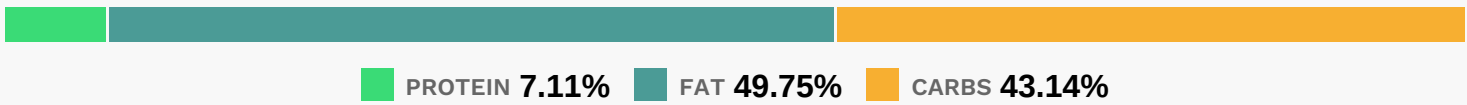
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill for medium-high heat. Toss 1/2 small white onion, halved lengthwise, keeping root intact, 1/2 head of garlic, unpeeled, halved crosswise, 1 jalapeño, 1 pound husked tomatillos, and 1 tablespoon vegetable oil in a large bowl. Grill vegetables, turning often, until tender and charred, 5-8 minutes.
- ☐ Transfer to a plate and let cool slightly.
- ☐ Squeeze garlic cloves into a food processor and pulse with onion, stemmed jalapeño, tomatillos, 1/2 bunch cilantro, leaves and tender stems only, and 1/4 cup fresh lime juice just until a chunky sauce forms; season with kosher salt, freshly ground black pepper, and more lime juice, if desired.
- ☐ DO AHEAD: Salsa verde can be made 5 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.1769565395687%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 38.4kcal (1.92%), Fat: 2.3g (3.54%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin C: 9.71mg (11.77%), Vitamin K: 10.94µg (10.42%), Manganese: 0.14mg (6.91%), Vitamin B3: 1.1mg (5.48%), Fiber: 1.28g (5.11%), Potassium: 173.63mg (4.96%), Vitamin B6: 0.07mg (3.35%), Magnesium: 12.78mg (3.19%), Vitamin E: 0.43mg (2.89%), Copper: 0.05mg (2.75%), Phosphorus: 26.91mg (2.69%), Vitamin A: 118.03IU (2.36%), Iron: 0.41mg (2.3%), Vitamin B1: 0.03mg (2.11%), Vitamin

B2: 0.03mg (1.48%), Folate: 5.65µg (1.41%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.06%)