

## Classic Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 0.8 tsp kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 onion thick
- ☐ 1 large poblano pepper
- ☐ 0.5 pound tomatillos husked rinsed
- ☐ 1 garlic clove whole

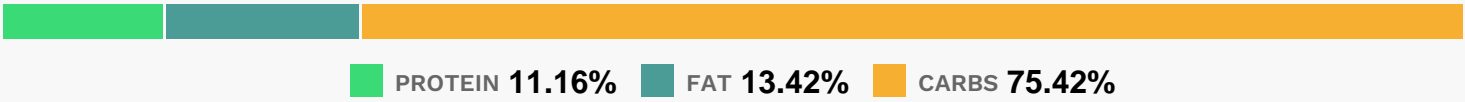
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

## Directions

- ☐ Preheat broiler and set a rack 3 in. from heating element. Line a rimmed baking pan with foil and set tomatillos, onion, poblano, and serranos in it.
- ☐ Broil the vegetables, turning as needed, until tomatillos and onion are speckled brown and chiles are black all over, 12 to 15 minutes; as vegetables are done, transfer to a bowl. Cover vegetables with a plate or foil and let stand about 5 minutes for chile skins to loosen.
- ☐ Pull off stems and blackened skins from chiles; for best flavor, don't rinse chiles (a few blackened bits are okay to leave on). Open poblano and remove seeds.
- ☐ In a food processor, pulse vegetables and any juices; avocado, if using; cilantro; and garlic until coarsely pured.
- ☐ Scrape into a bowl and stir in 1/4 cup water, lime juice, and 3/4 tsp. salt. Season to taste with salt.
- ☐ \*Tart-tasting tomatillos look like green tomatoes with papery husks. Poblanos (sometimes mislabeled as pasillas) are large, meaty, deep green chiles with a fairly mild flavor; find them in your grocery store's produce section.
- ☐ Make ahead: Chill up to 2 days; if using avocado, smooth plastic wrap against surface and chill up to 1 day only.
- ☐ Add
- ☐ Heat to Taste: You can control the heat of a salsa by adjusting the heat of the chiles. Slice off the top of each chile, being sure to cut through the ribs and seeds, where the heat-producing compound capsaicin is concentrated. Test the chile's fire by touching the top to your tongue (each chile has a different heat level). Adjust the heat, if you want a milder salsa, by splitting the chile and scraping out some or all of the ribs and seeds. If your skin is sensitive, wear kitchen gloves or hold chiles with a fork—and don't touch your eyes.

## Nutrition Facts



## Properties

Glycemic Index:3.3, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.83217390821032%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 5.38kcal (0.27%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 58.57mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 5.89mg (7.14%), Manganese: 0.03mg (1.25%), Fiber: 0.31g (1.22%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.13%), Potassium: 36.9mg (1.05%)