



food  
network

## Fresh Fried Corn Chips with Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 12 corn tortillas
- 1 bunch cilantro leaves fresh coarsely chopped
- 5 to 6 garlic cloves
- 1 jalapeño stemmed
- 2 juice of lime juiced
- 1 tablespoon kosher salt
- 6 servings kosher salt
- 1 small onion spanish quartered

- 1 pound tomatillos husked rinsed
- 6 servings vegetable oil for frying

## Equipment

- food processor
- pot
- blender

## Directions

- Bring a pot of water to a boil and add the tomatillos, jalapeno, onion, garlic, and 1 tablespoon salt. Reduce the heat and simmer gently for 5 to 10 minutes until the tomatillos are soft but have not burst.
- Drain and reserve cooking liquid.
- Add the cooked vegetables to a blender with the cilantro leaves and lime juice. \*
- Pour in 1/4 cup of the reserved cooking liquid and process to a coarse puree – be careful when you process the hot liquid as it will expand – so make sure you hold the lid down firmly. Taste and adjust seasoning with more cilantro, lime juice, or salt according to preference.
- Prepare corn chips. Preheat oil to 375 degrees F.
- Cut tortillas into large wedges and deep- fry in batches until golden and crispy, approximately 1 to 2 minutes. Season immediately with salt so it sticks and serve warm chips with tomatillo salsa.
- Remove liquid from the heat and allow to cool for at least 5 minutes.
- Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

## Nutrition Facts

  
 PROTEIN 8.82%  FAT 24.89%  CARBS 66.29%

## Properties

Glycemic Index:28.58, Glycemic Load:10.56, Inflammation Score:-5, Nutrition Score:8.6726086968961%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 5.1g (7.85%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 25.46g (9.26%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 1382.46mg (60.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Fiber: 5.11g (20.42%), Phosphorus: 202.62mg (20.26%), Vitamin C: 16.62mg (20.14%), Manganese: 0.36mg (17.76%), Vitamin K: 17.5µg (16.67%), Magnesium: 55.88mg (13.97%), Vitamin B3: 2.27mg (11.34%), Vitamin B6: 0.22mg (10.84%), Potassium: 351.1mg (10.03%), Copper: 0.16mg (7.98%), Iron: 1.23mg (6.81%), Vitamin B1: 0.1mg (6.46%), Zinc: 0.92mg (6.12%), Calcium: 58.03mg (5.8%), Selenium: 4µg (5.71%), Vitamin E: 0.81mg (5.37%), Vitamin B2: 0.07mg (4.2%), Vitamin A: 207.81IU (4.16%), Folate: 12.64µg (3.16%), Vitamin B5: 0.23mg (2.27%)