



## Fresh Tomatillo Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cilantro leaves and tender stems
- 4 green onions coarsely chopped
- 0.5 teaspoon salt
- 1 serrano chiles seeded coarsely chopped
- 0.3 teaspoon sugar
- 1 pound tomatillos

### Equipment

- food processor

blender

## Directions

Cut tomatillos into halves or quarters.

Combine all ingredients in a blender or food processor; blend until finely chopped. Adjust seasoning, if necessary. Cover and chill.

## Nutrition Facts



**PROTEIN 11.7%** **FAT 22.39%** **CARBS 65.91%**

## Properties

Glycemic Index:13.41, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:2.971304408882%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 17kcal (0.85%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.15g (0.78%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 118.29mg (5.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin K: 19.55µg (18.62%), Vitamin C: 6.91mg (8.38%), Vitamin B3: 0.89mg (4.46%), Manganese: 0.09mg (4.27%), Vitamin A: 213.16IU (4.26%), Fiber: 1.05g (4.21%), Potassium: 145mg (4.14%), Magnesium: 10.58mg (2.65%), Copper: 0.04mg (2.21%), Iron: 0.39mg (2.15%), Phosphorus: 20.47mg (2.05%), Folate: 7.38µg (1.84%), Vitamin B6: 0.03mg (1.69%), Vitamin E: 0.24mg (1.62%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.02mg (1.34%)