



Granny Smith-Green Chile Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup roasted anaheim chiles chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup apples i use 2 granny smith apples chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces tomatillos
- ☐ 0.3 teaspoon pepper white

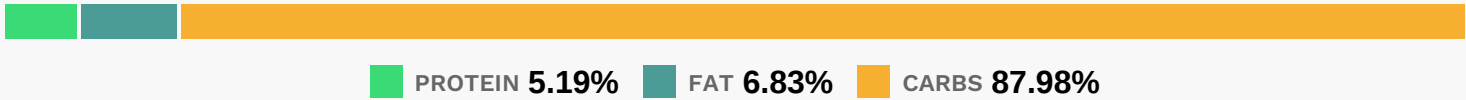
Equipment

☐ blender

Directions

- ☐ Discard husks and stems of tomatillos. Cook tomatillos in boiling water 10 minutes or until tender.
- ☐ Drain.
- ☐ Place tomatillos in a blender; process until smooth.
- ☐ Combine tomatillo puree, apple, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:1.9182608879131%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 29.71kcal (1.49%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 163.73mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin C: 8.84mg (10.72%), Fiber: 1.79g (7.18%), Manganese: 0.06mg (2.97%), Vitamin K: 3.09µg (2.94%), Potassium: 102.31mg (2.92%), Vitamin B3: 0.4mg (1.99%), Vitamin B6: 0.04mg (1.92%), Magnesium: 6.88mg (1.72%), Phosphorus: 14.82mg (1.48%), Copper: 0.03mg (1.45%), Folate: 5.36µg (1.34%), Vitamin B1: 0.02mg (1.33%), Iron: 0.19mg (1.07%), Vitamin A: 50.31IU (1.01%), Vitamin B2: 0.02mg

(1.01%)