



Green Chile Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



14 kcal

SAUCE

Ingredients

- 0.3 cup roasted anaheim chiles chopped
- 0.3 teaspoon pepper black
- 1 cup less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves chopped
- 0.3 cup onion chopped
- 0.5 teaspoon salt
- 12 ounces tomatillos

Equipment

blender

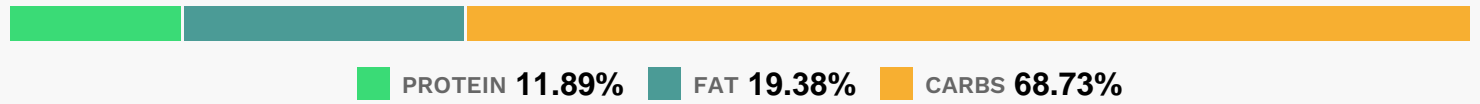
Directions

Discard husks and stems of tomatillos. Cook tomatillos in boiling water 10 minutes or until tender.

Drain.

Place tomatillos, broth, and remaining ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.6465217393378%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 13.89kcal (0.69%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 196.86mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 4.63mg (5.61%), Vitamin K: 4.33µg (4.12%), Fiber: 0.85g (3.38%), Manganese: 0.07mg (3.28%), Vitamin B3: 0.64mg (3.21%), Potassium: 91.41mg (2.61%), Magnesium: 6.51mg (1.63%), Copper: 0.03mg (1.52%), Phosphorus: 15.15mg (1.51%), Vitamin B6: 0.03mg (1.48%), Iron: 0.23mg (1.28%), Vitamin A: 62.65IU (1.25%), Vitamin B1: 0.02mg (1.11%)