



Green Olive Salsa Verde



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful cilantro leaves chopped
- ☐ 0.5 teaspoon cumin toasted
- ☐ 1 pound your favourite fish white
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup olives green
- ☐ 1 green onion finely sliced
- ☐ 1 jalapeño diced finely
- ☐ 1 jalapeño peppers seeded sliced in half and

- ☐ 2 juice of lime
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion quartered
- ☐ 8 servings salt to taste
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound tomatillos

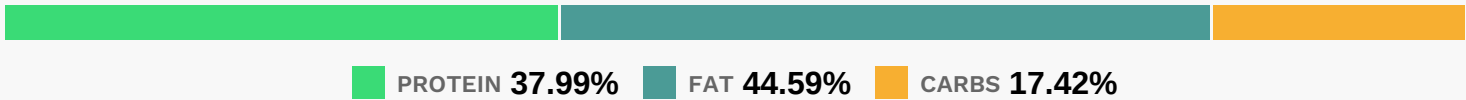
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the tomatillos and jalapenos on a baking sheet and broil in the oven until they blackened all over.
- ☐ Place the jalapenos in a small seeled container such as a ziplock bag, let cool for 20 minutes and pinch the skins from them.
- ☐ Place everything into a food processor and puree.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:9.0230434251868%

Flavonoids

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: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 123.76kcal (6.19%), Fat: 6.4g (9.84%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.96g (3.29%), Cholesterol: 28.35mg (9.45%), Sodium: 550.64mg (23.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Selenium: 24.2µg (34.57%), Vitamin C: 14.23mg (17.24%), Vitamin B3: 3.37mg (16.85%), Vitamin B12: 0.9µg (14.93%), Vitamin K: 14.34µg (13.65%), Phosphorus: 125.33mg (12.53%), Vitamin D: 1.76µg (11.72%), Potassium: 367.54mg (10.5%), Vitamin E: 1.49mg (9.94%), Vitamin B6: 0.16mg (8.05%), Magnesium: 30.57mg (7.64%), Manganese: 0.14mg (6.99%), Fiber: 1.71g (6.83%), Folate: 22.48µg (5.62%), Copper: 0.11mg (5.47%), Iron: 0.88mg (4.88%), Vitamin B1: 0.06mg (4%), Vitamin B5: 0.4mg (4%), Vitamin B2: 0.06mg (3.82%), Vitamin A: 189.77IU (3.8%), Zinc: 0.36mg (2.4%), Calcium: 21.02mg (2.1%)