



Green Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup lightly cilantro fresh packed rinsed
- ☐ 7 oz chilies diced green drained canned
- ☐ 0.3 cup green onions coarsely chopped including tops
- ☐ 1 tablespoon juice of lime
- ☐ 12 ounce tomatillos fresh drained canned

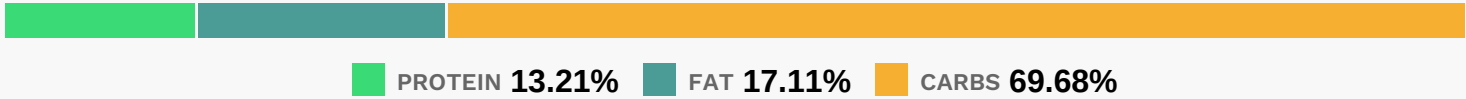
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ Remove and discard husks from 1/2 pound fresh tomatillos; rinse tomatillos well and cut in half (or use a 12-ounce can tomatillos, drained). In a food processor or blender, combine tomatillos; 1 can (7 oz.) diced green chilies, drained; 3/4 cup lightly packed rinsed fresh cilantro; 1/4 cup coarsely chopped green onions (including tops); and 1 tablespoon lime juice. Whirl until mixture is finely chopped.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:7.9208697210187%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 33.79kcal (1.69%), Fat: 0.74g (1.14%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.07g (1.84%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 5.18mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 56.24mg (68.16%), Vitamin K: 25.2µg (24%), Vitamin A: 557.26IU (11.15%), Vitamin B6: 0.21mg (10.28%), Manganese: 0.16mg (8.21%), Potassium: 283.3mg (8.09%), Vitamin B3: 1.51mg (7.54%), Fiber: 1.75g (6.99%), Magnesium: 20.5mg (5.13%), Copper: 0.1mg (4.8%), Iron: 0.79mg (4.4%), Folate: 15.73µg (3.93%), Phosphorus: 39.19mg (3.92%), Vitamin B1: 0.05mg (3.53%), Vitamin E: 0.52mg (3.48%), Vitamin B2: 0.06mg (3.25%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.24mg (1.59%), Calcium: 13.29mg (1.33%)