



Green Salsa (Salsa Verde)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons jalapeño chiles fresh chopped
- ☐ 5 servings salt
- ☐ 8 ounces tomatillos fresh
- ☐ 3 tablespoons onion white rinsed drained finely chopped

Equipment

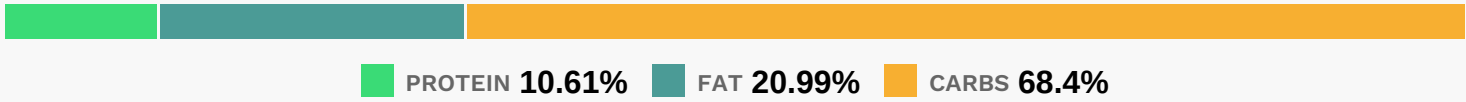
- ☐ food processor
- ☐ bowl

☐ blender

Directions

- ☐ Remove and discard husks from tomatillos. Rinse tomatillos well and coarsely chop.
- ☐ In a blender or food processor, combine tomatillos, chiles, cilantro, and 1 tablespoon water; whirl until coarsely pured.
- ☐ Pour into a bowl and add onion and salt to taste.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.7365217247735%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 18.69kcal (0.93%), Fat: 0.49g (0.76%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 194.74mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 12.91mg (15.65%), Vitamin K: 6.21µg (5.92%), Vitamin B3: 0.92mg (4.62%), Fiber: 1.14g (4.55%), Manganese: 0.08mg (4.21%), Potassium: 146.08mg (4.17%), Vitamin B6: 0.06mg (2.9%), Magnesium: 10.62mg (2.65%), Vitamin E: 0.39mg (2.62%), Vitamin A: 127.31IU (2.55%), Phosphorus: 21.07mg (2.11%), Copper: 0.04mg (2.07%), Iron: 0.31mg (1.74%), Vitamin B1: 0.03mg (1.68%), Folate: 6.03µg (1.51%), Vitamin B2: 0.02mg (1.29%)