



Grilled Tomatillo and Purple Basil Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 cup torn purple basil leaves
- ☐ 0.5 chipotle chile in adobo minced
- ☐ 1 large ear of corn
- ☐ 1 garlic clove minced
- ☐ 1 small onion red sliced
- ☐ 3 servings salt and pepper freshly ground
- ☐ 1 pound tomatillos husked

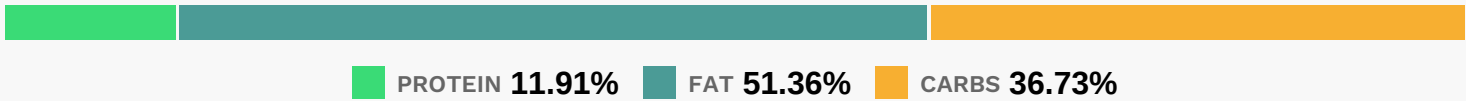
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. Grill the tomatillos and corn over a moderately hot fire or moderate heat until lightly charred all over, about 4 minutes per side.
- ☐ Transfer to a plate. Grill the onion slices until lightly charred, about 3 minutes per side.
- ☐ Remove the charred skins from the tomatillos and quarter them. Slice the corn kernels off the cob.
- ☐ Cut the onion into 1/4-inch dice.
- ☐ In a skillet, fry the bacon until crisp.
- ☐ Drain on paper towels and coarsely chop. In a bowl, combine the garlic with the chipotle, then stir in the tomatillos, corn, onion and bacon. Fold in the purple basil, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:11.788260801979%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 229.98kcal (11.5%), Fat: 13.88g (21.36%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 17.59g (6.4%), Sugar: 10.66g (11.85%), Cholesterol: 19.36mg (6.45%), Sodium: 398.38mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin C: 24.32mg (29.47%), Vitamin B3: 4.89mg (24.44%), Vitamin K: 23.88µg (22.74%), Manganese: 0.4mg (19.99%), Fiber: 4.75g (19.01%), Potassium: 655.47mg (18.73%), Vitamin B1: 0.24mg (16.06%), Phosphorus: 156.91mg (15.69%), Magnesium: 56.6mg (14.15%), Vitamin B6: 0.27mg (13.33%), Selenium: 7.27µg (10.39%), Folate: 38.96µg (9.74%), Copper: 0.18mg (9.13%), Iron: 1.52mg (8.47%), Vitamin B5: 0.79mg (7.87%), Vitamin A: 378.8IU (7.58%), Vitamin B2: 0.12mg (6.79%), Zinc: 0.99mg (6.59%), Vitamin E: 0.76mg (5.05%), Calcium: 26.91mg (2.69%), Vitamin B12: 0.15µg (2.44%)