



Guajillo and Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large pepper flakes dried stemmed seeded ()
- ☐ 0.1 ounce chilies dried stemmed seeded
- ☐ 1 large garlic clove chopped
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 pound tomatillos fresh husked rinsed
- ☐ 0.3 cup onion white chopped

Equipment

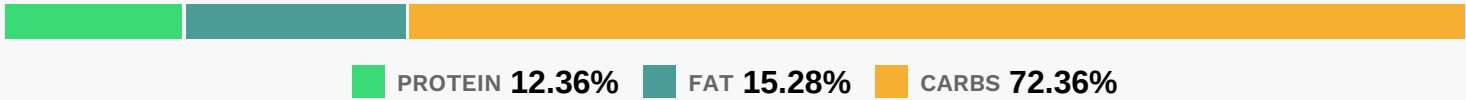
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Heat a dry heavy medium skillet (not nonstick) over medium heat until hot, then toast chiles briefly on all sides, pressing flat with tongs, until slightly softened, about 3 minutes.
- ☐ Simmer tomatillos in water to cover in a small saucepan until tender, about 5 minutes.
- ☐ Transfer with a slotted spoon to a blender and add chiles, onion, garlic, orange juice, and 3/4 teaspoon salt. Blend until smooth (use caution when blending hot liquids).
- ☐ Transfer to a bowl and cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:1.29, Inflammation Score:-5, Nutrition Score:6.2439131062964%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 33.24kcal (1.66%), Fat: 0.64g (0.99%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.14g (4.59%), Cholesterol: 0mg (0%), Sodium: 3.98mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin C: 46.81mg (56.74%), Vitamin A: 503.49IU (10.07%), Vitamin B6: 0.19mg (9.31%), Vitamin K: 9.17µg (8.74%), Manganese: 0.15mg (7.33%), Potassium: 242.64mg (6.93%), Fiber: 1.63g (6.5%), Vitamin B3: 1.26mg (6.32%), Magnesium: 17.23mg (4.31%), Copper: 0.08mg (3.93%), Iron: 0.64mg (3.53%), Phosphorus: 34.24mg (3.42%), Vitamin B1: 0.05mg (3.19%), Folate: 12.3µg (3.08%), Vitamin B2:

0.05mg (3.03%), Vitamin E: 0.38mg (2.56%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.2mg (1.33%), Calcium: 10.57mg (1.06%)