



## Morelos Salsa Verde

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**161 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 dash pepper black
- 1 teaspoon chicken soup base
- 3 cloves garlic peeled
- 0.5 teaspoon ground cumin
- 2 jalapeno fresh
- 2 pounds tomatillos husked

## Equipment

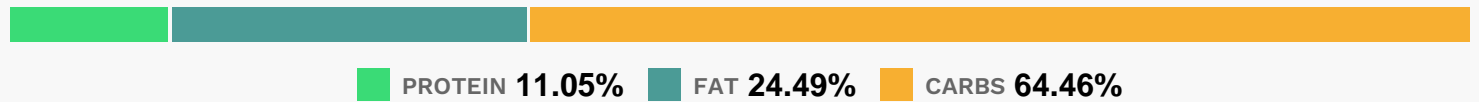
- bowl

- pot
- blender

## Directions

- Place tomatillos, jalapenos, and garlic in a large pot.
- Pour in just enough water to cover the tomatillos; they will float, so press them down with your hand as you measure the water. Bring to a boil over high heat, then reduce heat to medium-low and simmer until the color of the tomatillos lightens to a yellow color, about 10 minutes.
- Remove from heat, and allow to cool for about 10 minutes.
- Strain the tomatillos, reserving the water.
- Place into the bowl of a blender; add the cloves, cumin, pepper, and chicken bouillon. Puree until smooth, use the reserved water as needed to adjust the consistency.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:20.680000048131%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 160.59kcal (8.03%), Fat: 4.95g (7.62%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 20.15g (7.33%), Sugar: 18.63g (20.7%), Cholesterol: 0.13mg (0.04%), Sodium: 245.32mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin C: 71.13mg (86.22%), Vitamin K: 48.59µg (46.27%), Vitamin B3: 8.65mg (43.25%), Manganese: 0.81mg (40.37%), Fiber: 9.17g (36.68%), Potassium: 1281.09mg (36.6%), Magnesium: 96.42mg (24.1%), Phosphorus: 191.66mg (19.17%), Copper: 0.38mg (19.16%), Vitamin B6: 0.37mg (18.59%), Iron: 3.27mg (18.17%), Vitamin E: 2.25mg (15%), Vitamin B1: 0.22mg (14.56%), Vitamin A: 675.06IU (13.5%), Vitamin B2: 0.18mg (10.56%), Folate: 36.04µg (9.01%), Vitamin B5: 0.76mg (7.58%), Zinc: 1.1mg (7.3%), Calcium: 48.32mg (4.83%), Selenium: 3.27µg (4.67%)