



Pepita-Roasted Tomatillo Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup lightly cilantro fresh packed
- ☐ 2 medium cloves garlic peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pumpkin seeds raw shelled (pepitas)
- ☐ 0.5 teaspoon salt
- ☐ 3 tomatillos fresh (6 oz. total)
- ☐ 6 servings tortilla chips

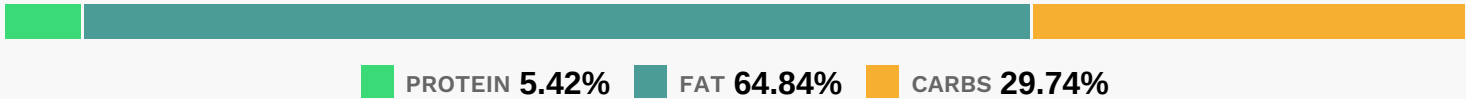
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Put tomatillos in a small pan and broil 4 to 6 in. from heat, turning once, until skins are lightly charred, 5 to 8 minutes.
- ☐ In a small, heavy skillet over medium heat, toast pumpkin seeds until golden brown, 2 to 4 minutes.
- ☐ In a blender or food processor, whirl tomatillos, pumpkin seeds, garlic, lemon juice, olive oil, cilantro, and salt until combined but still slightly chunky.
- ☐ Scrape into a small bowl or gourd; add more salt to taste.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:6.4543478592582%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 276.39kcal (13.82%), Fat: 20.61g (31.71%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 19.04g (6.93%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 287.25mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin E: 2.94mg (19.59%), Vitamin K: 19.33µg

(18.41%), Magnesium: 59.4mg (14.85%), Manganese: 0.29mg (14.59%), Phosphorus: 137.96mg (13.8%), Fiber: 2.23g (8.91%), Iron: 1.11mg (6.19%), Copper: 0.12mg (5.96%), Zinc: 0.86mg (5.74%), Vitamin C: 4.7mg (5.69%), Potassium: 155.93mg (4.46%), Vitamin B1: 0.07mg (4.36%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.42mg (4.17%), Calcium: 36.57mg (3.66%), Selenium: 1.98µg (2.83%), Folate: 9.5µg (2.38%), Vitamin A: 111.44IU (2.23%), Vitamin B2: 0.04mg (2.22%)