



Pumpkin-Seed Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 jalapeño chilies fresh
- ☐ 3 anaheim chilies fresh (sometimes mislabeled pasilla) (9 oz. total)
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 clove garlic peeled
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce green red
- ☐ 0.3 teaspoon oregano dried

- ☐ 0.3 cup rice vinegar
- ☐ 0.5 cup roasted salted shelled (see notes)
- ☐ 3 servings salt
- ☐ 8 ounces tomatillos fresh (see notes)

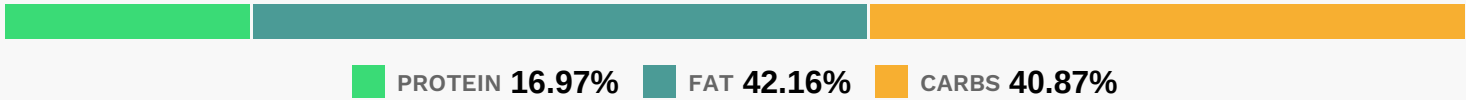
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Pull off and discard husks and stems from tomatillos; rinse tomatillos well and coarsely chop. Rinse and stem chilies.
- ☐ Remove seeds from poblanos. For a mild salsa, remove seeds from jalapeos. Coarsely chop all chilies.
- ☐ In a food processor or blender, combine tomatillos, poblanos, jalapeos, garlic, green onions, cilantro, pumpkin seeds, vinegar, cumin, and oregano; whirl until smooth.
- ☐ Add hot sauce and salt to taste.

Nutrition Facts



Properties

Glycemic Index:84.67, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:18.543478302334%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 127.46kcal (6.37%), Fat: 6.43g (9.89%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 10.2g (3.71%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 215.8mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.65%), Vitamin C: 121.25mg (146.97%), Vitamin K: 62.75µg (59.76%),

Manganese: 0.83mg (41.27%), Magnesium: 101.16mg (25.29%), Vitamin B6: 0.47mg (23.33%), Vitamin A: 1153.58IU (23.07%), Phosphorus: 204.48mg (20.45%), Potassium: 600.47mg (17.16%), Copper: 0.33mg (16.35%), Fiber: 3.82g (15.28%), Vitamin B3: 3mg (15.02%), Iron: 2.68mg (14.87%), Folate: 41.51µg (10.38%), Vitamin B1: 0.13mg (8.72%), Zinc: 1.3mg (8.67%), Vitamin E: 1.23mg (8.22%), Vitamin B2: 0.13mg (7.51%), Calcium: 42.36mg (4.24%), Vitamin B5: 0.38mg (3.8%), Selenium: 2.18µg (3.11%)