



 **60%**
HEALTH SCORE

Quick Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving coarse salt
- 2.3 pounds tomatillos rinsed well
- 2 cloves garlic
- 1.5 ounces cilantro leaves fresh ()
- 1 jalapeno coarsely chopped
- 1 small onion white finely chopped
- 1 serving pepper freshly ground

Equipment

food processor

pot

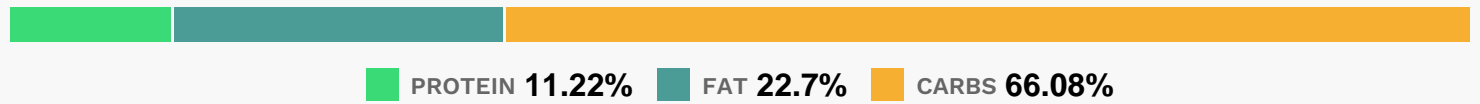
Directions

Bring a large pot of water to a boil; add salt. Cook tomatillos until pale, about 5 minutes.

Drain; cut each into 4 wedges. Puree tomatillos, garlic, cilantro, jalapeno, and onion in a food processor.

Transfer tomatillo mixture to a medium stockpot. Bring to a simmer over low heat; cook until thickened, about 15 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:14.050434848537%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 94.4kcal (4.72%), Fat: 2.7g (4.15%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 12.09g (4.4%), Sugar: 11.02g (12.25%), Cholesterol: 0mg (0%), Sodium: 56.95mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 59.51µg (56.68%), Vitamin C: 38.64mg (46.83%), Vitamin B3: 4.91mg (24.57%), Manganese: 0.49mg (24.5%), Fiber: 5.58g (22.32%), Potassium: 779.77mg (22.28%), Vitamin A: 1046.6IU (20.93%), Magnesium: 56.49mg (14.12%), Copper: 0.24mg (11.94%), Phosphorus: 112.93mg (11.29%), Vitamin B6: 0.21mg (10.65%), Iron: 1.84mg (10.24%), Vitamin E: 1.37mg (9.1%), Vitamin B1: 0.13mg (8.79%), Folate: 28.77µg (7.19%), Vitamin B2: 0.12mg (6.79%), Vitamin B5: 0.49mg (4.85%), Zinc: 0.67mg (4.45%), Calcium: 32.28mg (3.23%), Selenium: 1.69µg (2.41%)