



Roasted Apple and Tomatillo Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 garlic clove unpeeled
- 3 apple green such as granny smith, quartered
- 1 jalapeno stemmed
- 2 tablespoons olive oil
- 3 servings pepper black freshly ground
- 1 pound tomatillos husked rinsed
- 0.5 medium onion white

Equipment

baking sheet

oven

Directions

Preheat the oven to 375°F.

Put the tomatillos, 2 of the apples, the onion, garlic, and jalapeño chile on a rimmed baking sheet. Toss with the olive oil and season with salt and pepper. Roast until tomatillos are softened and slightly charred, about 20 minutes.

Peel the garlic, then transfer all of the ingredients to a blender and puree until smooth. Season with salt and pepper.

Chop the remaining apple into 1/4-inch cubes and stir into the salsa before serving.

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Nutrition Facts



PROTEIN 3.66% **FAT 39.1%** **CARBS 57.24%**

Properties

Glycemic Index: 51, Glycemic Load: 7.36, Inflammation Score: -6, Nutrition Score: 10.990869579108%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Isorhamnetin: 0.92mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.31mg, Quercetin:
11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 238.94kcal (11.95%), Fat: 11.24g (17.29%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 37.02g (12.34%),
Net Carbohydrates: 29.25g (10.64%), Sugar: 25.87g (28.74%), Cholesterol: 0mg (0%), Sodium: 4.92mg (0.21%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 33.89mg (41.08%), Fiber: 7.77g
(31.09%), Vitamin K: 26.05µg (24.8%), Manganese: 0.39mg (19.31%), Potassium: 651.74mg (18.62%), Vitamin E:
2.42mg (16.14%), Vitamin B3: 3.07mg (15.33%), Vitamin B6: 0.24mg (11.92%), Magnesium: 42.79mg (10.7%), Copper:
0.19mg (9.41%), Phosphorus: 90.26mg (9.03%), Vitamin B1: 0.11mg (7.59%), Iron: 1.32mg (7.33%), Vitamin B2: 0.11mg
(6.58%), Vitamin A: 322.14IU (6.44%), Folate: 20.89µg (5.22%), Vitamin B5: 0.39mg (3.94%), Calcium: 32.25mg
(3.22%), Zinc: 0.48mg (3.19%), Selenium: 1.3µg (1.85%)