



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 cloves unpeeled
- ☐ 3 apples green such as granny smith, quartered
- ☐ 1 jalapeño chile stemmed
- ☐ 2 tablespoons olive oil
- ☐ 3 servings salt and pepper black freshly ground
- ☐ 1 pound tomatillos husked rinsed
- ☐ 0.5 medium onion white

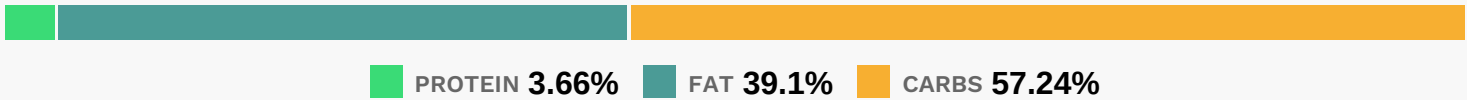
Equipment

- ☐ 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.
- ☐ Reprinted with permission from Mexican Made Easy: Everyday Ingredients, Extraordinary Flavor by Marcela Valladolid, © 2011 Clarkson Potter a division of Random House, Inc. MARCELA VALLADOLID is the host of Discovery Travel and Living's Relatos con Sabor (Stories with Flavor), which airs in every Latin American country and on Discovery Familia in the United States. Raised in Tijuana, Mexico, she attended the Los Angeles Culinary Institute and later the Ritz-Escoffier Cooking School in Paris. A former recipe editor/tester at Bon Appétit magazine, she became widely known after appearing as a contestant on The Apprentice: Martha Stewart. She and her young son divide time between Tijuana and San Diego.

Nutrition Facts



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%)