



Roasted Green Chile Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chipotle chiles in adobo sauce canned
- ☐ 0.3 cup cilantro leaves
- ☐ 3 large garlic cloves peeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 poblano chile) fresh
- ☐ 8 servings salt
- ☐ 1 pound tomatillos fresh husked
- ☐ 1 onion white peeled quartered

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ blender

Directions

- ☐ Put onion, fresh chile, tomatillos, and garlic on a baking sheet. Broil 4 to 5 in. from heat, turning once, until blackened, 8 to 10 minutes total.
- ☐ Let cool.
- ☐ Peel, stem, and seed fresh chile and cut into chunks. In a blender or food processor, whirl broiled onion, chile, tomatillos, garlic, chipotle chiles with sauce, cilantro, and lime juice until coarsely pured. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:3.1008695778639%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 30.29kcal (1.51%), Fat: 0.6g (0.93%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 218.71mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 9.54mg (11.56%), Fiber: 1.96g (7.85%), Vitamin K: 7.36µg (7.01%), Manganese: 0.13mg (6.31%), Vitamin B3: 1.08mg (5.4%), Potassium: 181.38mg (5.18%), Magnesium: 13.28mg (3.32%), Vitamin B6: 0.06mg (3.18%), Phosphorus: 28.32mg (2.83%), Iron: 0.5mg (2.79%), Copper: 0.06mg (2.76%), Vitamin B1: 0.03mg (2.29%), Vitamin A: 99.88IU (2%), Folate: 7.11µg (1.78%), Vitamin E: 0.24mg (1.57%),

Vitamin B2: 0.03mg (1.52%), Vitamin B5: 0.11mg (1.14%), Zinc: 0.17mg (1.1%)