

Roasted Tomatillo-Poblano Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons canola oil
- 0.3 cup cilantro leaves fresh
- 1 teaspoon ground cumin
- 1 jalapeno seeded chopped
- 0.3 cup limeade concentrate frozen thawed () (from 6-oz can)
- 2 medium poblano pepper
- 1 small onion red cut into wedges
- 0.5 teaspoon salt

1 lb tomatillos rinsed cut in half

Equipment

food processor

bowl

frying pan

oven

aluminum foil

ziploc bags

Directions

Heat oven to 475F. Line 15x10x1-inch pan with foil.

Place tomatillos in single layer on one end of pan; place poblano chiles and onion on other end.

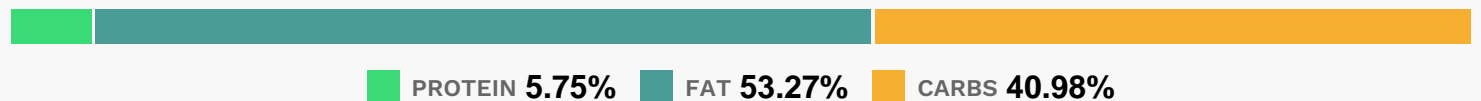
Drizzle oil over vegetables.

Roast uncovered 15 minutes or until vegetables are browned and tender.

Place poblano chiles in resealable food-storage plastic bag; seal bag.

Let stand 15 minutes. Peel poblano chiles; discard seeds and membranes. In food processor, place poblano chiles, tomatillos, onion and remaining ingredients. Cover; process until smooth. Spoon into serving bowl. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:3.6765217470086%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 44.07kcal (2.2%), Fat: 2.8g (4.32%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.58g (1.3%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 98.86mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 22.69mg (27.51%), Vitamin K: 8.24µg (7.85%), Manganese: 0.1mg (5.11%), Fiber: 1.27g (5.08%), Vitamin E: 0.68mg (4.55%), Potassium: 157.54mg (4.5%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.08mg (4.15%), Vitamin A: 153.84IU (3.08%), Magnesium: 11.44mg (2.86%), Copper: 0.05mg (2.51%), Iron: 0.44mg (2.45%), Vitamin B1: 0.03mg (2.27%), Phosphorus: 22.71mg (2.27%), Folate: 6.96µg (1.74%), Vitamin B2: 0.02mg (1.37%)