



Roasted Tomatillo Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 2 cups lightly cilantro fresh packed
- ☐ 1 jalapeño chile fresh green
- ☐ 2 tablespoons olive oil
- ☐ 1 cup lightly parsley packed
- ☐ 1 pound tomatillos

Equipment

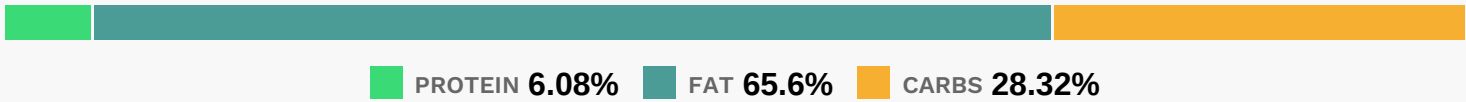
- ☐ food processor
- ☐ oven

- ☐ blender
- ☐ baking pan

Directions

- ☐ Pull off husks from tomatillos and rinse tomatillos well.
- ☐ Place in a 10- by 15-inch baking pan and bake in a 400 oven until slightly browned and soft when pressed, 25 to 30 minutes. Meanwhile, rinse, stem, seed, and chop the green jalapeo chile; rinse cilantro and parsley.
- ☐ Transfer tomatillos to a blender or food processor and add chile, cilantro, parsley, and olive oil. Pulse until mixture is coarsely chopped and slightly chunky.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:8.9595652080101%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 53.21kcal (2.66%), Fat: 4.16g (6.41%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.56g (0.93%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 6.73mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 143.56µg (136.72%), Vitamin C: 19.76mg (23.96%), Vitamin A: 985.22IU (19.7%), Vitamin E: 0.94mg (6.26%), Potassium: 218.72mg (6.25%), Vitamin B3: 1.21mg (6.07%), Fiber: 1.49g (5.94%), Manganese: 0.12mg (5.87%), Iron: 0.91mg (5.06%), Folate: 18.32µg (4.58%), Magnesium: 16.39mg (4.1%), Copper: 0.07mg (3.29%), Phosphorus: 28.84mg (2.88%), Vitamin B6: 0.05mg (2.59%), Vitamin B1: 0.03mg (2.32%), Vitamin B2: 0.03mg (2.05%), Calcium: 17.24mg (1.72%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.14mg (1.43%)