



## Roasted Tomatillo Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 33 ounce tomatillos fresh canned
- 2 teaspoons coarse salt
- 5 serrano chiles fresh
- 0.5 cup cilantro leaves fresh
- 1 large onion coarsely chopped
- 3 garlic clove unpeeled

## Equipment

- blender

- broiler
- broiler pan

## Directions

- Preheat broiler.
- If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. If using canned tomatillos, drain and measure out 2 cups. Broil chiles, garlic, and fresh tomatillos (do not broil canned) on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.
- Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.
- Salsa can be made 1 day ahead and chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:15.586086998815%

## Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

## Nutrients (% of daily need)

Calories: 128.07kcal (6.4%), Fat: 3.3g (5.08%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 17.36g (6.31%), Sugar: 14.81g (16.46%), Cholesterol: 0mg (0%), Sodium: 1558.18mg (67.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin C: 46.33mg (56.16%), Vitamin K: 41.19µg (39.23%), Manganese: 0.63mg (31.29%), Vitamin B3: 6.03mg (30.16%), Fiber: 7.28g (29.13%), Potassium: 965.49mg (27.59%), Magnesium: 71.05mg (17.76%), Vitamin B6: 0.33mg (16.32%), Copper: 0.29mg (14.75%), Phosphorus: 145.99mg (14.6%), Vitamin A: 630.42IU (12.61%), Iron: 2.24mg (12.42%), Vitamin B1: 0.17mg (11.56%), Vitamin E: 1.33mg (8.89%), Folate: 35.37µg (8.84%), Vitamin B2: 0.14mg (8.14%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.85mg (5.66%), Calcium: 42.61mg (4.26%), Selenium: 2.3µg (3.29%)