



Roasted Tomatillo Salsa (Salsa Verde)

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb tomatillos rinsed (4-5 tomatillos)
- 1 jalapeno
- 1 serrano chiles
- 2 garlic clove
- 0.5 cup chicken stock see
- 0.3 cup onion white finely chopped
- 0.3 cup cilantro leaves fresh
- 1 tablespoon juice of lime

0.5 teaspoon salt

Equipment

food processor

frying pan

wooden spoon

broiler

broiler pan

Directions

Heat broiler.

Place tomatillos, the peppers and garlic cloves in foiled-lined broiler pan. Broil 3 to 4 inches from heat, turning occasionally, until tomatillos are roasted and peppers are slightly blackened, about 10–15 minutes.

Remove from broiler.

Pour chicken stock over vegetables.

Let stand 10 to 15 minutes, until cool enough to handle.

Remove vegetables, scraping bottom of pan with wooden spoon, if necessary, to loosen; reserve chicken stock.

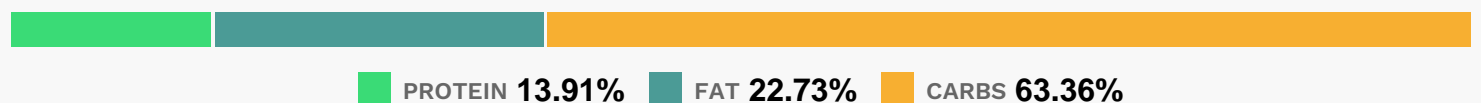
Remove any overly blackened skin from tomatillos. Peel peppers; seed*. Squeeze garlic from skins.

In food processor, place tomatillos, the peppers, garlic, onion, cilantro, lime juice, salt and half of the reserved chicken stock. Cover; process, using quick on-and-off motions, until blended.

Add more reserved chicken stock, if necessary, for desired consistency.

Serve immediately or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:6.4326087340065%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 56.06kcal (2.8%), Fat: 1.56g (2.41%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.65g (6.27%), Cholesterol: 0.9mg (0.3%), Sodium: 336.32mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 20.85mg (25.27%), Vitamin K: 16.56µg (15.77%), Vitamin B3: 2.68mg (13.41%), Manganese: 0.22mg (11.24%), Potassium: 380.67mg (10.88%), Fiber: 2.56g (10.25%), Vitamin B6: 0.14mg (6.9%), Magnesium: 26.76mg (6.69%), Copper: 0.12mg (6.1%), Phosphorus: 60.2mg (6.02%), Vitamin A: 274.14IU (5.48%), Vitamin B1: 0.07mg (4.8%), Iron: 0.86mg (4.8%), Vitamin B2: 0.08mg (4.47%), Vitamin E: 0.62mg (4.14%), Folate: 13.87µg (3.47%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.53µg (2.18%), Calcium: 16.04mg (1.6%)