



Salsa de Tomate Verde (Tomatillo Salsa)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic minced
- 0.3 cup onion chopped
- 1 teaspoon sea salt
- 3 serrano chile peppers
- 1 pound tomatillos fresh
- 2 cups water

Equipment

- bowl
- sauce pan
- whisk
- blender

Directions

- Place chiles and 2 cups water in a medium saucepan; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes.
- Add tomatillos; cover and simmer 5 minutes.
- Remove chiles and tomatillos from water; cool. Reserve water.
- Process cooled chiles and tomatillos in a blender 30 seconds or until smooth, stopping twice to scrape down sides.
- Pour sauce into a bowl; add remaining ingredients. Stir with a wire whisk.
- Note: For a thinner sauce, add some of the reserved cooking water.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.7869565331418%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 21.54kcal (1.08%), Fat: 0.6g (0.92%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.53g (2.82%), Cholesterol: 0mg (0%), Sodium: 294.93mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin C: 8.27mg (10.02%), Vitamin K: 7.57µg (7.21%), Vitamin B3: 1.1mg (5.49%), Manganese: 0.11mg (5.33%), Fiber: 1.27g (5.07%), Potassium: 170.28mg (4.87%), Magnesium: 13.16mg (3.29%), Copper: 0.06mg (3.08%), Vitamin B6: 0.05mg (2.73%), Phosphorus: 25.28mg (2.53%), Vitamin A: 119.59IU (2.39%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (1.97%), Vitamin E: 0.24mg (1.63%),

Folate: 5.76µg (1.44%), Vitamin B2: 0.02mg (1.43%), Zinc: 0.15mg (1.02%), Vitamin B5: 0.1mg (1.01%)