



Salsa de Tomatillo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 oz santa fe grande chili fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 2 green onions ends trimmed thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 0.8 pound tomatillos

Equipment

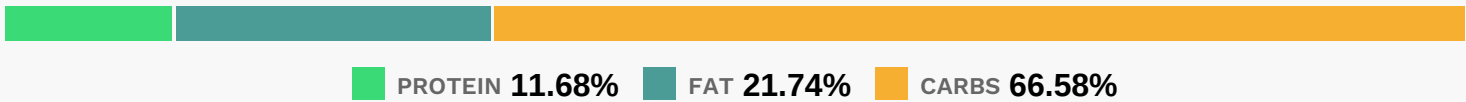
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Discard husks and rinse tomatillos. In a 1- to 1 1/2-quart pan, combine tomatillos and 2 cups water. Bring to a boil over high heat. Cover and simmer until tomatillos are soft when pressed, 7 to 10 minutes. With a slotted spoon, transfer tomatillos to a blender or food processor; reserve cooking water.
- ☐ Rinse, stem, and, if desired for less heat, seed chili. Coarsely chop chili and add to tomatillos along with 2 tablespoons cooking water; whirl until smooth.
- ☐ Pour into a bowl.
- ☐ When cool, add onions, cilantro, garlic, and salt and pepper to taste. For thinner salsa, add more of the cooking water.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.3213043472041%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 21.89kcal (1.09%), Fat: 0.6g (0.93%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 195.44mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin K: 14.77µg (14.06%), Vitamin C: 11.13mg (13.49%), Manganese: 0.12mg (5.77%), Vitamin B3: 1.11mg (5.54%), Potassium: 175.35mg (5.01%), Fiber: 1.24g (4.97%), Magnesium: 12.97mg (3.24%), Vitamin B6: 0.06mg (2.94%), Copper: 0.05mg (2.73%), Vitamin A: 136.09IU (2.72%), Phosphorus: 26.2mg (2.62%), Iron: 0.46mg (2.53%), Vitamin B1: 0.03mg (2.06%), Folate: 7.18µg (1.8%), Vitamin E: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.16mg (1.06%)