



Salsa de Tomatillo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 to 3 chiles del arbol
- ☐ 4 garlic cloves
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 15 tomatillos peeled halved
- ☐ 1 tablespoon water

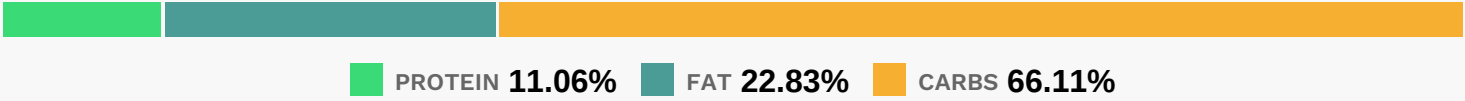
Equipment

- ☐ food processor

Directions

☐ Place all ingredients in a food processor; pulse until coarsely chopped.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4178260668464%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 11.6kcal (0.58%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.53g (0.55%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 73.23mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin C: 3.98mg (4.83%), Manganese: 0.07mg (3.3%), Vitamin K: 3.35µg (3.19%), Vitamin B3: 0.6mg (3%), Fiber: 0.65g (2.59%), Potassium: 90.03mg (2.57%), Magnesium: 6.68mg (1.67%), Copper: 0.03mg (1.41%), Vitamin B6: 0.03mg (1.39%), Phosphorus: 13.73mg (1.37%), Iron: 0.22mg (1.21%), Vitamin A: 53.13IU (1.06%), Vitamin B1: 0.02mg (1.04%)