



Salsa Verde

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic cloves
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 serrano chile seeded chopped
- ☐ 2.5 cups tomatillos chopped
- ☐ 0.3 cup onion white chopped

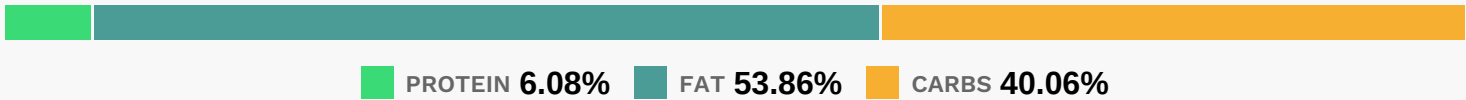
Equipment

☐ food processor

Directions

☐ Combine tomatillos, onion, cilantro, lime juice, olive oil, kosher salt, garlic cloves, and serrano chile in a food processor; pulse to finely chop.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.3226087015608%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 33.75kcal (1.69%), Fat: 2.19g (3.37%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.69g (0.98%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 73.89mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin C: 7.15mg (8.67%), Vitamin K: 6.92µg (6.59%), Manganese: 0.09mg (4.43%), Vitamin B3: 0.8mg (3.99%), Fiber: 0.97g (3.88%), Potassium: 132.6mg (3.79%), Vitamin E: 0.44mg (2.91%), Magnesium: 9.7mg (2.43%), Vitamin B6: 0.05mg (2.32%), Copper: 0.04mg (2.03%), Phosphorus: 20.23mg (2.02%), Vitamin A: 89.87IU (1.8%), Iron: 0.31mg (1.73%), Vitamin B1: 0.02mg (1.63%), Folate: 5.03µg (1.26%), Vitamin B2: 0.02mg (1.12%)