



Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz tomatillos rinsed cut in half*
- 2 serrano chiles fresh canned rinsed seeded
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon salt

Equipment

- food processor
- blender

Directions

- In food processor or blender, place all ingredients. Cover; process until well blended.
- Serve immediately, or cover and refrigerate up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.95, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.60260869983746%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 4.67kcal (0.23%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 29.41mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin C: 1.8mg (2.18%), Vitamin K: 1.84µg (1.76%), Vitamin B3: 0.22mg (1.12%), Fiber: 0.28g (1.11%), Manganese: 0.02mg (1.1%), Potassium: 36.19mg (1.03%)