

Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 1 jalapeno seeded quartered
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces tomatillos

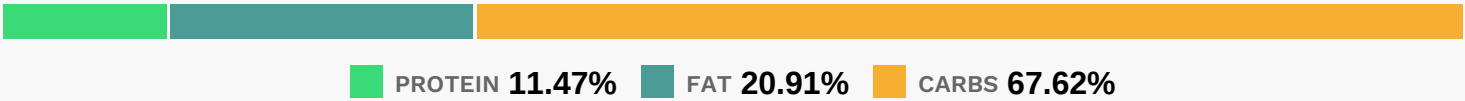
Equipment

- ☐ food processor

Directions

- ☐ Discard husks and stems from the tomatillos.
- ☐ Combine tomatillos and remaining ingredients in a food processor; pulse until coarsely chopped.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.1408695643363%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 18.58kcal (0.93%), Fat: 0.49g (0.76%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 209.86mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 13.23mg (16.03%), Vitamin K: 12.64µg (12.04%), Fiber: 1.22g (4.89%), Vitamin B3: 0.93mg (4.66%), Potassium: 147.58mg (4.22%), Manganese: 0.07mg (3.71%), Folate: 14.37µg (3.59%), Vitamin A: 152.33IU (3.05%), Iron: 0.54mg (2.98%), Vitamin B6: 0.05mg (2.65%), Magnesium: 10.16mg (2.54%), Phosphorus: 20.19mg (2.02%), Copper: 0.04mg (1.91%), Vitamin E: 0.25mg (1.69%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.42%), Calcium: 11.6mg (1.16%)