



Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 2 poblano peppers
- ☐ 1 serrano chile fresh finely chopped
- ☐ 1 pound tomatillos peeled

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0.7 cup onion white chopped

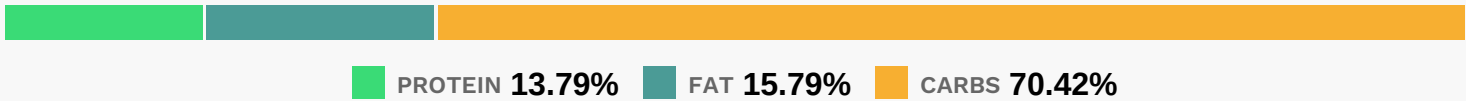
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Broil poblano peppers 5 minutes per side or until blackened.
- ☐ Place in a small paper bag; seal.
- ☐ Let stand 10 minutes; peel and chop. Bring chicken broth and tomatillos to a boil in a saucepan over medium heat. Cover and simmer 8 minutes.
- ☐ Remove from heat; let stand 20 minutes.
- ☐ Pour into a blender.
- ☐ Add lime juice and garlic cloves; process until smooth.
- ☐ Pour into a bowl; stir in poblanos, onion, cilantro, kosher salt, and chopped serrano chile. Chill.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.2130434435347%

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: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 32.81kcal (1.64%), Fat: 0.66g (1.01%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 175.42mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 33.42mg (40.5%), Vitamin K: 10.17µg (9.69%), Manganese: 0.16mg (7.9%), Potassium: 266.67mg (7.62%), Fiber: 1.89g (7.55%), Vitamin B6: 0.13mg (6.49%), Vitamin B3: 1.24mg (6.18%), Vitamin A: 228.94IU (4.58%), Magnesium: 16.48mg (4.12%), Copper: 0.08mg (3.77%), Phosphorus: 34.22mg (3.42%), Vitamin B1: 0.05mg (3.42%), Iron: 0.52mg (2.87%), Folate: 10.46µg (2.62%), Vitamin E: 0.36mg (2.39%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.2mg (1.36%), Calcium: 12.51mg (1.25%)