



 **46%**  
HEALTH SCORE

## Salsa Verde By Mommie Cooks

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 5.5 pounds tomatillos
- 1 cup vegetable stock
- 1 teaspoon cumin
- 1 teaspoon cilantro leaves
- 0.5 juice of lime juiced
- 2 garlic clove minced
- 1 can chilis diced green
- 0.5 onion chopped

- 1 bunch cilantro leaves chopped
- 0.3 teaspoon pepper
- 6 servings salt to taste

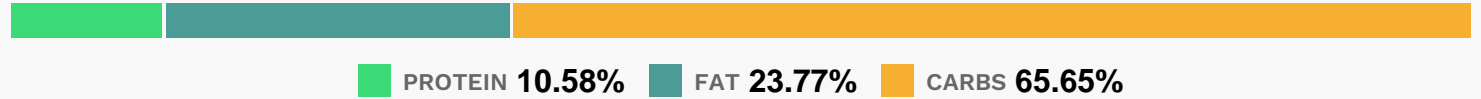
## Equipment

- blender

## Directions

- Take the shells off the tomatillos and boil for about 5–7 minutes.
- Remove from heat and drop them into a blender.
- To the blender add the broth, cumin, coriander, lime juice, garlic, chiles, onion, cilantro, and pepper.
- Blend well. Salt to taste.
- Chill in fridge until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:33.83, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:18.3%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

## Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 4.39g (6.76%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 18.8g (6.84%), Sugar: 17.13g (19.04%), Cholesterol: 0mg (0%), Sodium: 431.17mg (18.75%), Protein: 4.4g (8.8%), Vitamin C: 57.22mg (69.36%), Vitamin K: 46.4µg (44.19%), Vitamin B3: 7.86mg (39.31%), Manganese: 0.69mg (34.66%), Fiber: 8.5g (34%), Potassium: 1170.07mg (33.43%), Magnesium: 87mg (21.75%), Iron: 3.12mg

(17.34%), Copper: 0.34mg (17.15%), Phosphorus: 171.21mg (17.12%), Vitamin B6: 0.28mg (14.17%), Vitamin A: 678.47IU (13.57%), Vitamin B1: 0.19mg (12.98%), Vitamin E: 1.63mg (10.89%), Folate: 42.18µg (10.55%), Vitamin B2: 0.16mg (9.33%), Vitamin B5: 0.67mg (6.69%), Zinc: 0.99mg (6.57%), Calcium: 44.65mg (4.47%), Selenium: 2.36µg (3.37%)