



Sauteed Tomatillos with Sunny's Cilantro Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 teaspoons honey dijon mustard
- 3 tablespoons juice of lime fresh
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 4 servings salt and pepper black freshly ground

- 2 scallions finely chopped
- 1 teaspoon sugar
- 1 pound tomatillos
- 2 tablespoons citrus champagne vinegar

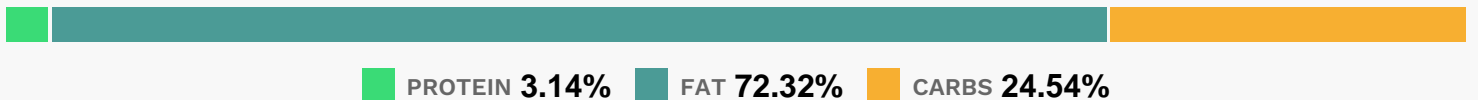
Equipment

- food processor
- bowl
- frying pan
- blender
- spatula

Directions

- Remove the outer dry husks of the tomatillos to reveal the bright green skin. Rinse in slightly warm water to remove the sticky film covering them. Chop into bite-size chunks.
- In a saute pan over medium-high heat, add the olive oil. When the oil begins to swirl, add the chopped tomatillos in a single layer. Cook until the bottom edges become golden, flip, then repeat process a few times until most of the tomatillos reveal a golden brown side, about 3 minutes between tosses.
- Remove with a slotted spatula to a plate or bowl and season with salt and pepper. Toss in or drizzle over Sunny's Cilantro Vinaigrette.
- Blend all the ingredients in a mini food processor or blender until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:6.960434820341%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 162.51kcal (8.13%), Fat: 13.59g (20.91%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 7.95g (2.89%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 16.28mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 34.68µg (33.03%), Vitamin C: 18.31mg (22.2%), Vitamin E: 2.3mg (15.34%), Manganese: 0.22mg (10.91%), Vitamin B3: 2.16mg (10.81%), Potassium: 346.24mg (9.89%), Fiber: 2.42g (9.7%), Magnesium: 25.7mg (6.42%), Vitamin A: 262.81IU (5.26%), Iron: 0.95mg (5.25%), Copper: 0.1mg (5.21%), Phosphorus: 50.41mg (5.04%), Vitamin B6: 0.08mg (4.13%), Vitamin B1: 0.06mg (3.89%), Folate: 13.56µg (3.39%), Vitamin B2: 0.05mg (2.88%), Vitamin B5: 0.2mg (2%), Zinc: 0.3mg (1.99%), Calcium: 16.89mg (1.69%), Selenium: 0.74µg (1.06%)