



Smoked Tomato-and-Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound cherry tomatoes halved
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 1 jalapeno halved seeded
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup hickory wood chips

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 0.8 pound tomatillos (7 large)

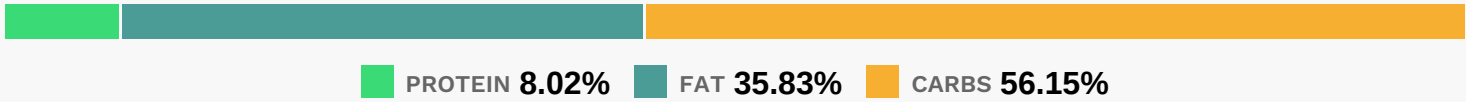
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Discard husks and stems from tomatillos, and cut each in half. Set aside. Line a Dutch oven with foil, and add hickory chips.
- ☐ Heat chips, covered, over medium-high heat for 10 minutes or until chips begin to smoke. Arrange tomatillos and tomatoes in a vegetable steamer.
- ☐ Place tomatillo mixture in foil-lined pan. Cover and smoke 10 minutes.
- ☐ Remove tomatillo mixture from pan, and cool to room temperature.
- ☐ Place tomatillo mixture, cilantro, and remaining ingredients in a food processor. Process until finely chopped.
- ☐ Note: Store in an airtight container in the refrigerator up to 1 week; serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:18.78, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:3.1730434687241%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Luteolin: 0.02mg Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin:
0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 42.39kcal (2.12%), Fat: 1.81g (2.79%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 6.39g (2.13%), Net
Carbohydrates: 5.05g (1.84%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 149.07mg (6.48%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 12.57mg (15.24%), Manganese: 0.12mg (5.85%),
Potassium: 194.28mg (5.55%), Fiber: 1.33g (5.32%), Vitamin K: 5.51µg (5.25%), Vitamin B3: 0.93mg (4.63%), Vitamin
A: 207.83IU (4.16%), Vitamin B6: 0.07mg (3.59%), Iron: 0.57mg (3.16%), Phosphorus: 28.72mg (2.87%), Magnesium:
11.04mg (2.76%), Copper: 0.05mg (2.58%), Folate: 9.39µg (2.35%), Vitamin E: 0.34mg (2.23%), Vitamin B1: 0.03mg
(2.18%), Vitamin B5: 0.15mg (1.47%), Vitamin B2: 0.02mg (1.29%), Zinc: 0.15mg (1.01%)