



Smoky Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 1 bell pepper green halved seeded
- ☐ 3 tablespoons green onions chopped
- ☐ 2 jalapeño peppers
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 pound tomatillos

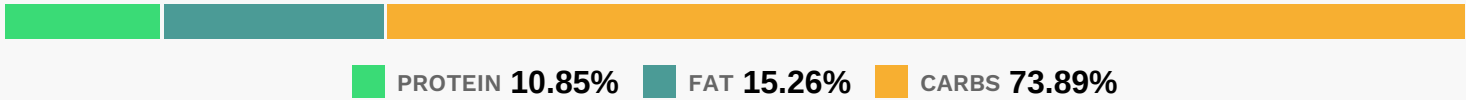
Equipment

- ☐ food processor
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Thread garlic cloves onto a 6-inch skewer. Arrange skewer, peppers, and tomatillos on a grill rack coated with cooking spray; grill 8 minutes or until blackened, turning frequently.
- ☐ Remove seeds from jalapeo peppers.
- ☐ Combine garlic, peppers, tomatillos, onion, and remaining ingredients in a food processor; process until finely chopped.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:5.6721738680549%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 38.89kcal (1.94%), Fat: 0.74g (1.15%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 169.29mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 29.93mg (36.28%), Vitamin K: 16.36µg (15.58%),

Manganese: 0.18mg (8.81%), Fiber: 2.14g (8.58%), Potassium: 266.26mg (7.61%), Vitamin B3: 1.39mg (6.96%),
Vitamin B6: 0.13mg (6.68%), Vitamin A: 259.62IU (5.19%), Magnesium: 18.82mg (4.7%), Copper: 0.08mg (4.04%),
Phosphorus: 39.57mg (3.96%), Vitamin B1: 0.05mg (3.67%), Folate: 14.23µg (3.56%), Vitamin E: 0.5mg (3.33%), Iron:
0.59mg (3.27%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.17mg (1.71%), Calcium: 16.59mg (1.66%), Zinc: 0.24mg
(1.58%)