



Spicy Tomatillo-Avocado Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon cilantro leaves coarsely chopped
- ☐ 1 tablespoon green onion chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon black pepper freshly ground to taste
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon serrano chile seeded chopped to taste
- ☐ 4 ounce tomatillos fresh washed husked coarsely chopped

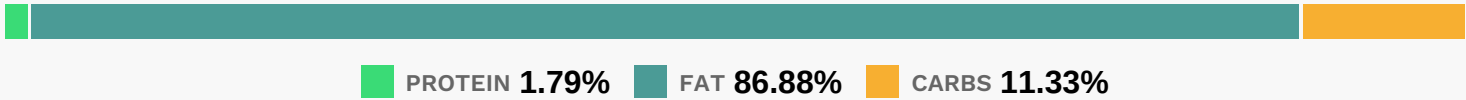
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, combine the tomatillos, remaining teaspoon garlic, and serrano chile; pulse to finely chop.
- ☐ Add the avocado and green onion and pulse til just blended. The finished salsa should have some texture.
- ☐ Place the salsa in a small bowl and toss with the extra-virgin olive oil, lemon juice, salt and pepper. Store, covered and refrigerated up to 2 hours. Toss with cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.3973913192749%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 48.52kcal (2.43%), Fat: 4.87g (7.5%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1g (0.36%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 194.37mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin K: 7.38µg (7.03%), Vitamin E: 0.76mg (5.06%), Vitamin C: 3.55mg (4.31%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.36mg (1.82%), Fiber: 0.43g (1.72%), Potassium: 58.89mg (1.68%), Magnesium: 4.39mg (1.1%)