



## Tomatillo Barbecue Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



345 kcal

SAUCE

### Ingredients

- ☐ 1 tablespoon mustard dry
- ☐ 2 garlic cloves pressed
- ☐ 2.5 pounds tomatoes green coarsely chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1.5 cups onion sweet coarsely chopped
- ☐ 1.5 pounds tomatillos husked coarsely chopped

☐ 1 cup vinegar white

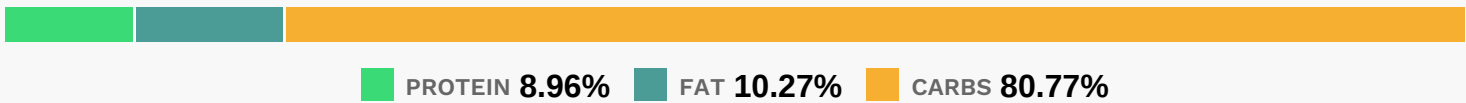
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Cook all ingredients in a large stockpot over medium-low heat 2 hours or until green tomatoes and tomatillos are tender. Cool.
- ☐ Process mixtrue, in batches, in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Serve over grilled chicken, fish, or shrimp.

Nutrition Facts



Properties

Glycemic Index:50.03, Glycemic Load:23.47, Inflammation Score:-10, Nutrition Score:27.550869547802%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 344.52kcal (17.23%), Fat: 4.14g (6.37%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 73.28g (24.43%), Net Carbohydrates: 63.65g (23.15%), Sugar: 61.55g (68.39%), Cholesterol: 0mg (0%), Sodium: 841.11mg (36.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Vitamin C: 119.62mg (144.99%), Vitamin K: 61.84µg (58.89%), Vitamin A: 2785.8IU (55.72%), Manganese: 0.93mg (46.61%), Potassium: 1508.39mg (43.1%), Fiber: 9.63g (38.52%), Vitamin B3: 6.36mg (31.78%), Copper: 0.6mg (29.83%), Vitamin B6: 0.58mg (28.91%), Vitamin B1: 0.38mg (25.53%), Magnesium: 100.86mg (25.21%), Phosphorus: 242.67mg (24.27%), Vitamin B5: 2.34mg (23.42%), Iron: 3.9mg (21.65%), Folate: 72.23µg (18.06%), Vitamin E: 2.56mg (17.07%), Vitamin B2: 0.26mg

(15.55%), Selenium: 8.88µg (12.69%), Calcium: 97.85mg (9.79%), Zinc: 1.06mg (7.07%)