



Tomatillo Enchilada Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



34 kcal

SAUCE

Ingredients

- 1 pound tomatillos
- 1 cup onion diced white
- 1 garlic clove
- 1 jalapeno seeded quartered (, if desired)
- 1 cup water
- 1 serving coarse mustard
- 1 tablespoon vegetable oil
- 0.3 cup cilantro leaves fresh chopped

1 teaspoon vinegar white

1 inch p of sugar

Equipment

pot

kitchen towels

Directions

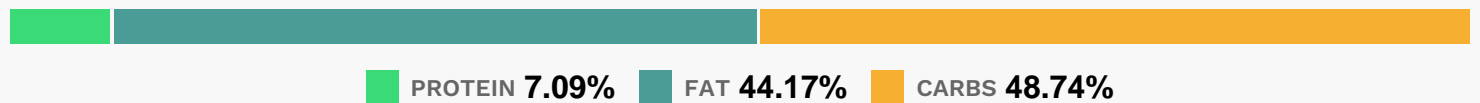
In a medium pot of boiling salted water, cook tomatillos until tender, 10 to 15 minutes.

Remove cap from lid and cover opening with a dish towel.) Season with salt and pepper. In pot, heat oil over high until shimmering.

Add tomatillo mixture and simmer, stirring occasionally, until thickened, 5 to 10 minutes.

Remove from heat and stir in cilantro, vinegar, and sugar. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:2.7039130641067%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 34.28kcal (1.71%), Fat: 1.86g (2.87%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 8.06mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin C: 8.35mg (10.13%), Vitamin K: 8.66µg (8.25%), Manganese: 0.1mg (5.02%), Fiber: 1.21g (4.85%), Vitamin B3: 0.88mg (4.42%), Potassium: 152.44mg (4.36%), Magnesium: 11.54mg (2.89%), Vitamin B6: 0.06mg (2.76%), Copper: 0.05mg (2.44%), Phosphorus: 23.91mg (2.39%), Vitamin E: 0.35mg (2.33%), Vitamin B1: 0.03mg (1.98%), Vitamin A: 94.5IU (1.89%), Iron: 0.34mg (1.88%), Folate: 6.89µg (1.72%), Vitamin B2: 0.02mg (1.32%)