



## Tomatillo-Pasilla de Oaxaca Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 small pepper flakes stemmed seeded
- 10 medium cloves garlic
- 4 servings sea salt fine
- 2.5 pounds tomatillos husked rinsed quartered
- 1 tablespoon vegetable oil

### Equipment

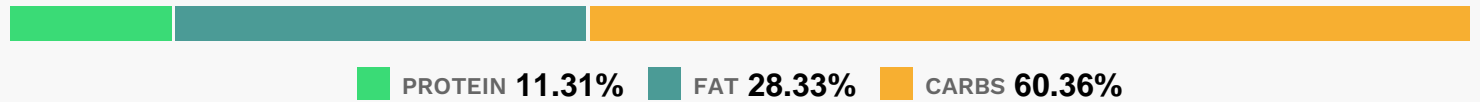
- frying pan
- sauce pan

blender

## Directions

- In a small saucepan, combine the tomatillos with enough water to come about halfway up the side of the pan, cover, and cook over medium heat until they are soft, about 10 minutes; strain, reserving the liquid.
- Meanwhile, on a plancha or in a heavy skillet, melt the lard over medium heat.
- Add the garlic and cook until soft and well charred on all sides, 5 to 10 minutes; transfer to the jar of an electric blender.
- Add the chiles to plancha and toast for 2 minutes per side.
- Remove, tear them into pieces, and add them to the blender.
- Pour in the reserved cooking liquid, add a large pinch of salt, and blend until smooth.
- Add the tomatillos, blend, and taste to adjust the salt, as necessary.
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## Nutrition Facts



## Properties

Glycemic Index: 18.75, Glycemic Load: 6.25, Inflammation Score: -10, Nutrition Score: 25.134782314301%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 199.45kcal (9.97%), Fat: 7.07g (10.88%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 25.83g (9.39%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 213.09mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin C: 278mg (336.97%), Vitamin K: 58.64µg (55.85%), Vitamin B6: 1.11mg (55.28%), Manganese: 0.88mg (43.76%), Vitamin A: 1930.36IU (38.61%), Potassium: 1333.26mg (38.09%), Vitamin B3: 7.4mg (36.98%), Fiber: 8.08g (32.3%), Magnesium: 97.39mg (24.35%), Copper: 0.46mg (23.21%), Iron: 3.63mg (20.14%), Phosphorus: 194.6mg (19.46%), Vitamin B1: 0.26mg (17.42%), Vitamin E:

2.53mg (16.84%), Vitamin B2: 0.25mg (14.86%), Folate: 58.88 $\mu$ g (14.72%), Vitamin B5: 0.81mg (8.09%), Zinc: 1.15mg (7.67%), Calcium: 57.16mg (5.72%), Selenium: 3.33 $\mu$ g (4.75%)