



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

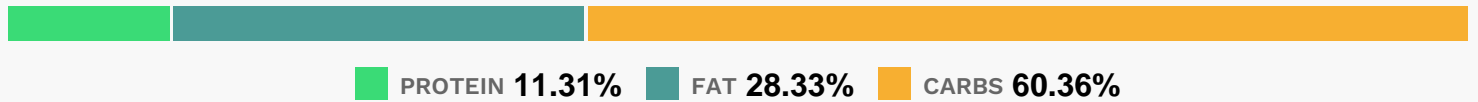
- frying pan
- sauce pan

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.
- Reprinted with permission from *Dos Caminos: Mexican Street Food* by Ivy Stark with Joanna Pruess, © 2011 Skyhorse Publishing

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 μ g (14.72%), Vitamin B5: 0.81mg (8.09%), Zinc: 1.15mg (7.67%), Calcium: 57.16mg (5.72%), Selenium: 3.33 μ g (4.75%)