



Tomatillo—Red Onion Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup tomatillos chopped (3 medium)

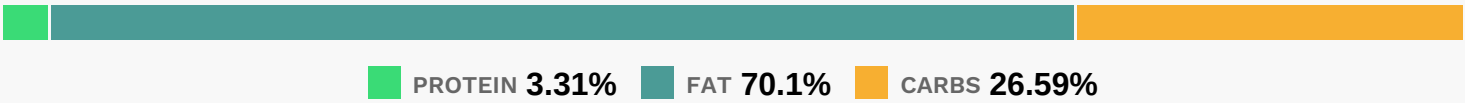
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a small bowl.
- ☐ Flavorful Combinations
- ☐ This Latin-inspired salsa, which is primarily made of chopped red onion, chopped tomatillos, lemon juice, and extra-virgin olive oil, takes little time and effort to prepare. It's tasty and versatile enough to serve over grilled chicken and steak or with tacos and fajitas. For a tropical variation, try substituting chopped pineapple for the tomatillo.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.7786956416524%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 45.43kcal (2.27%), Fat: 3.76g (5.78%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.43g (0.89%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 146.3mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 7.75mg (9.4%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.6mg (4.03%), Fiber: 0.77g (3.09%), Manganese: 0.05mg (2.61%), Potassium: 87.82mg (2.51%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.03mg (1.67%), Magnesium: 6.34mg (1.58%), Folate: 5.7µg (1.43%), Phosphorus: 13.17mg (1.32%), Copper: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.21%), Iron: 0.2mg (1.11%)