

Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.8 teaspoon sea salt
- ☐ 1 pound tomatillos
- ☐ 2 tablespoons vidalia sweet chopped

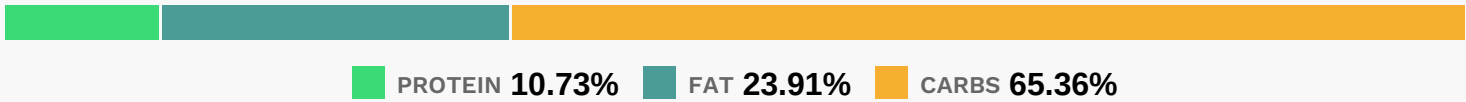
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Place cumin seeds in a cast-iron skillet over medium heat, and cook 2 minutes or until toasted.
- ☐ Transfer seeds to a spice or coffee grinder, and process until finely ground.
- ☐ Cut 1/4 inch off stem ends of peppers; discard stem ends. Using the tip of a paring knife, carefully remove and discard membranes and seeds, leaving peppers intact.
- ☐ Heat skillet over medium heat.
- ☐ Add peppers and tomatillos. Cook 15 minutes, turning frequently (peppers and tomatillos will become speckled with black marks).
- ☐ Transfer contents of skillet to a food processor, and puree until smooth.
- ☐ Add the onion, and pulse 5 times or until blended.
- ☐ Pour pepper mixture into a medium bowl. Stir in cumin, cilantro, lime juice, and salt.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.0391304298587%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 21.48kcal (1.07%), Fat: 0.65g (1%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 219.57mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 11.62mg (14.09%), Vitamin K: 7.96µg (7.58%), Vitamin B3: 1.12mg (5.58%), Manganese: 0.1mg (5.17%), Fiber: 1.25g (4.98%), Potassium: 172.92mg (4.94%), Magnesium: 13.29mg (3.32%), Iron: 0.55mg (3.03%), Vitamin A: 140.24IU (2.8%), Vitamin B6: 0.05mg (2.61%), Copper: 0.05mg (2.59%), Phosphorus: 25.45mg (2.54%), Vitamin E: 0.37mg (2.44%), Vitamin B1: 0.03mg (1.98%), Folate: 6.01µg (1.5%), Vitamin B2: 0.02mg (1.45%), Vitamin B5: 0.1mg (1.04%)