



Tomatillo Salsa

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



32

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb tomatillos fresh
- 2 serrano chiles seeded
- 2 large cloves garlic peeled
- 0.5 medium onion white coarsely chopped
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.8 cup chicken broth
- 0.5 teaspoon salt
- 0.5 teaspoon chicken soup base

- 2 tablespoons vegetable oil
- 1 serving tortilla chips

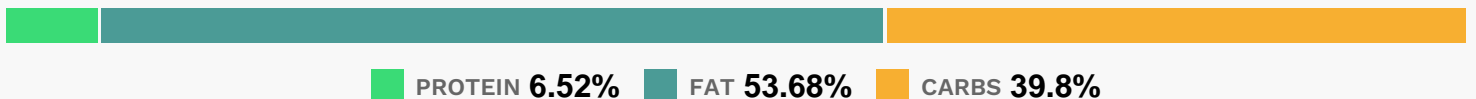
Equipment

- sauce pan
- blender

Directions

- In 3-quart saucepan, place tomatillos; cover with cold water. Cook over medium heat 10 to 15 minutes or until tender.
- Drain and discard water.
- In blender, mix tomatillos and remaining ingredients except oil and tortilla chips. Cover and blend until desired consistency.
- In 2-quart saucepan, heat oil over medium heat.
- Add tomatillo mixture. Cook 10 to 15 minutes, stirring constantly, until mixture is thoroughly heated and darker in color.
- Serve warm or cold with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.1686956475934%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 19.98kcal (1%), Fat: 1.27g (1.95%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.96g (1.07%), Cholesterol: 0.11mg (0.04%), Sodium: 67.51mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin K: 4.34µg (4.13%), Vitamin C: 2.88mg

(3.49%), Vitamin B3: 0.42mg (2.12%), Manganese: 0.04mg (2.09%), Fiber: 0.5g (2.01%), Potassium: 64.73mg (1.85%), Magnesium: 5.39mg (1.35%), Vitamin E: 0.19mg (1.27%), Phosphorus: 11.53mg (1.15%), Copper: 0.02mg (1.02%)