



Tomatillo Salsa

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



32

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon chicken soup base
- 0.8 cup chicken broth
- 0.3 cup cilantro leaves fresh coarsely chopped
- 2 large cloves garlic peeled
- 0.5 teaspoon salt
- 2 serrano chiles seeded
- 1.5 lb tomatillos fresh
- 32 servings tortilla chips

- 2 tablespoons vegetable oil
- 0.5 medium onion white coarsely chopped

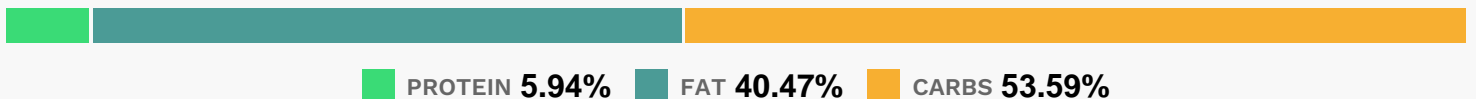
Equipment

- 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:-2, Nutrition Score:3.4639130476052%

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: 148.01kcal (7.4%), Fat: 6.88g (10.59%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 18.54g (6.74%), Sugar: 1.17g (1.3%), Cholesterol: 0.11mg (0.04%), Sodium: 156.48mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin K: 10µg (9.53%), Fiber: 1.97g (7.87%), Vitamin E:

1.15mg (7.65%), Phosphorus: 72.56mg (7.26%), Magnesium: 28.18mg (7.04%), Vitamin B5: 0.37mg (3.69%), Vitamin C: 2.88mg (3.49%), Vitamin B6: 0.07mg (3.43%), Vitamin B1: 0.05mg (3.41%), Vitamin B3: 0.65mg (3.26%), Potassium: 114.09mg (3.26%), Calcium: 32.33mg (3.23%), Iron: 0.57mg (3.19%), Zinc: 0.44mg (2.96%), Copper: 0.05mg (2.34%), Manganese: 0.04mg (2.09%), Selenium: 1.41µg (2.01%), Vitamin B2: 0.03mg (1.86%), Folate: 5.35µg (1.34%)