



Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves chopped
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 serrano chiles fresh seeded chopped
- ☐ 1 pound tomatillos fresh husked rinsed quartered
- ☐ 0.5 cup water
- ☐ 0.5 large onion white cut into 4 wedges

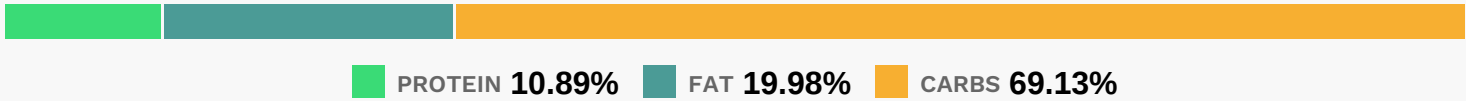
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Coarsely purée tomatillos, chile, onion, garlic, water, and 1 teaspoon salt in a blender.
- ☐ Transfer to a large heavy skillet and simmer, stirring occasionally, until slightly thickened, about 15 minutes.
- ☐ Transfer to a bowl and cool to room temperature, then stir in cilantro, lime juice, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.9730434728705%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 23.95kcal (1.2%), Fat: 0.6g (0.93%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 2.38mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin C: 8.73mg (10.58%), Vitamin K: 8.98µg (8.55%), Manganese: 0.12mg (5.87%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.32g (5.26%), Potassium: 178.34mg (5.1%), Magnesium: 13.19mg (3.3%), Vitamin B6: 0.06mg (2.91%), Copper: 0.06mg (2.84%), Vitamin A: 140.34IU (2.81%), Phosphorus: 27.02mg (2.7%), Iron: 0.41mg (2.28%), Vitamin B1: 0.03mg (2.15%), Folate: 6.75µg (1.69%), Vitamin E: 0.25mg (1.68%), Vitamin B2: 0.03mg (1.51%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.06%)