



Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

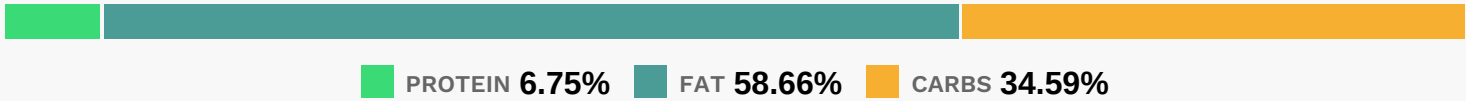
- ☐ 1 cup avocado diced
- ☐ 0.3 cup lightly cilantro leaves fresh packed
- ☐ 0.3 cup green onions sliced
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatillo diced

Equipment

Directions

- ☐ Stir together tomatillo, green onions, cilantro, jalapeo pepper, fresh lime juice, and salt. Cover and chill 1 to 4 hours.
- ☐ Let stand at room temperature 30 minutes. Stir in avocado just before serving.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:10.535217487294%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 114.73kcal (5.74%), Fat: 8.3g (12.77%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 5.5g (2%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 394.8mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 48.79µg (46.47%), Vitamin C: 24.9mg (30.18%), Fiber: 5.51g (22.05%), Potassium: 535.77mg (15.31%), Folate: 56.63µg (14.16%), Vitamin B3: 2.64mg (13.21%), Manganese: 0.24mg (11.87%), Vitamin E: 1.65mg (11.02%), Vitamin B6: 0.21mg (10.43%), Vitamin A: 456.87IU (9.14%), Copper: 0.18mg (9.08%), Magnesium: 35.89mg (8.97%), Vitamin B5: 0.87mg (8.66%), Phosphorus: 67.2mg (6.72%), Vitamin B2: 0.11mg (6.56%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.51%), Zinc: 0.58mg (3.85%), Calcium: 22.85mg (2.29%), Selenium: 0.75µg (1.07%)