



Tomatillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings salt to taste
- ☐ 2 cups tomatillo diced

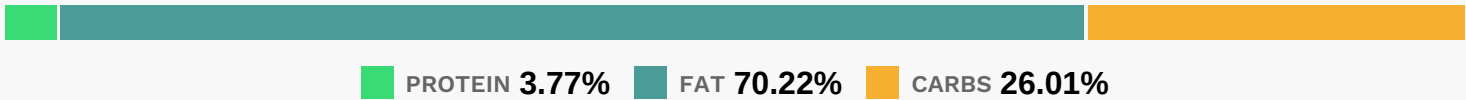
Equipment

☐ bowl

Directions

☐ Stir together first 7 ingredients in a medium bowl. Cover and chill 1 hour. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.8739130185998%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 62.42kcal (3.12%), Fat: 5.15g (7.92%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 195.07mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 9.69mg (11.74%), Vitamin K: 8.44µg (8.04%), Vitamin E: 0.94mg (6.24%), Manganese: 0.11mg (5.48%), Fiber: 1.18g (4.74%), Vitamin B3: 0.87mg (4.33%), Potassium: 149.09mg (4.26%), Magnesium: 11.01mg (2.75%), Vitamin B6: 0.05mg (2.6%), Phosphorus: 22.31mg (2.23%), Copper: 0.04mg (2.22%), Iron: 0.36mg (1.97%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 86.74IU (1.73%), Folate: 6.6µg (1.65%), Vitamin B2: 0.02mg (1.27%)