



Tomatillo Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 lb tomatillos
- ☐ 0.5 cup onion white chopped
- ☐ 2 cloves garlic ()
- ☐ 0.5 cup cilantro leaves
- ☐ 1 Tbsp juice of lime fresh
- ☐ 2 serrano peppers whole stemmed seeded chopped canned (you can use f heat if you want)
- ☐ 3 servings salt to taste

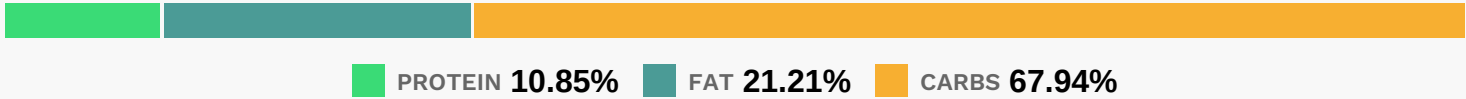
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Remove papery husks from tomatillos and rinse well.
- ☐ Oven Roasting Method
- ☐ Cut the tomatillos in half and place cut side down on a foil-lined baking sheet.
- ☐ Add a few garlic cloves in their skin (if using)
- ☐ Place under a broiler for about 5–7 minutes to lightly blacken the skins of the tomatillos.
- ☐ Pan Roasting Method Coat the bottom of a skillet with a little vegetable oil.
- ☐ Heat on high heat.
- ☐ Place the tomatillos in the pan and sear on one side, then flip over and brown on the other side.
- ☐ Remove from heat.
- ☐ Boiling Method
- ☐ Place tomatillos in a saucepan, cover with water. Bring to a boil and simmer for 5 minutes.
- ☐ Remove tomatillos with a slotted spoon.
- ☐ Pulse in blender:
- ☐ Place the cooked tomatillos, lime juice, onions, garlic (if using), cilantro, chili peppers in a blender or food processor and pulse until all ingredients are finely chopped and mixed.
- ☐ Season to taste with salt. Cool in refrigerator.
- ☐ Serve with chips or as a salsa accompaniment to Mexican dishes.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:11.107826108518%

Flavonoids

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: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 89.36kcal (4.47%), Fat: 2.38g (3.67%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 12.14g (4.41%), Sugar: 10.32g (11.47%), Cholesterol: 0mg (0%), Sodium: 199.19mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin C: 33.15mg (40.18%), Vitamin K: 31.82µg (30.3%), Manganese: 0.44mg (21.75%), Vitamin B3: 4.34mg (21.69%), Fiber: 5.05g (20.19%), Potassium: 686.75mg (19.62%), Magnesium: 50.5mg (12.63%), Vitamin B6: 0.21mg (10.49%), Copper: 0.21mg (10.41%), Phosphorus: 102.82mg (10.28%), Vitamin A: 479.19IU (9.58%), Iron: 1.58mg (8.8%), Vitamin B1: 0.12mg (8.08%), Vitamin E: 0.97mg (6.49%), Folate: 24.08µg (6.02%), Vitamin B2: 0.1mg (5.71%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.6mg (3.97%), Calcium: 28.68mg (2.87%), Selenium: 1.6µg (2.28%)