



Tomatillo Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

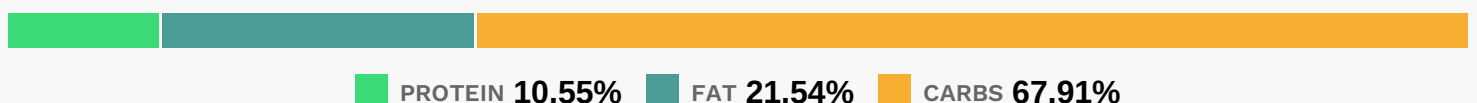
Equipment

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

Directions

- ☐ Remove papery husks from tomatillos and rinse well. 2a Oven Roasting Method
- ☐ Cut the tomatillos in half and place cut side down on a foil-lined baking sheet.
- ☐ Place under a broiler for about 5–7 minutes to lightly blacken the skin.2b 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.2c 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.3
- ☐ Place tomatillos, lime juice, onions, cilantro, chili peppers, sugar 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:43.03, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:10.823912967806%

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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 2.38g (3.66%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 11.85g (4.31%), Sugar: 10.64g (11.82%), Cholesterol: 0mg (0%), Sodium: 198.85mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 32.52mg (39.42%), Vitamin K: 31.78µg (30.27%), Vitamin B3: 4.32mg (21.62%), Manganese: 0.4mg (20.08%), Fiber: 5.01g (20.02%), Potassium: 678.74mg (19.39%), Magnesium: 50mg (12.5%), Copper: 0.2mg (10.11%), Phosphorus: 99.76mg (9.98%), Vitamin A: 479.01IU (9.58%), Vitamin B6: 0.19mg (9.25%), Iron: 1.55mg (8.61%), Vitamin B1: 0.12mg (7.82%), Vitamin E: 0.97mg (6.48%), Folate: 24.02µg (6%), Vitamin B2: 0.09mg (5.59%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.57mg (3.82%), Calcium: 25.06mg (2.51%), Selenium: 1.31µg (1.88%)