

# Tomatillo Salsa

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## Yield: 2 1/4 cups

8 tomatillos, husks removed  
1 medium tomato, quartered  
1 small onion, cut into chunks  
1 jalapeno pepper, seeded  
3 tablespoons fresh cilantro leaves  
3 cloves garlic, peeled  
1 tablespoon lime juice  
1/2 teaspoon salt  
1/4 teaspoon ground cumin  
1/8 teaspoon pepper  
tortilla chips

In a large saucepan, bring four cups of water to a boil.

Add the tomatillos.

Reduce heat and simmer, uncovered, for 5 minutes. Drain.

Place the tomatillos, tomato, onion, jalapeno, cilantro, garlic, lime juice, salt, cumin and pepper in a food processor.

Cover and process until blended.

Serve with chips.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 180 Calories; 4g Fat (15.7% calories from fat); 6g Protein; 37g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1087mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 1/2 Fat.

## Sauces

### Per Serving Nutritional Analysis

Calories (kcal):	180	Vitamin B6 (mg):	.5mg
% Calories from Fat:	15.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	72.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	4g	Folacin (mcg):	69mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	37g
<b>Dietary Fiber (g):</b>	9g
<b>Protein (g):</b>	6g
<b>Sodium (mg):</b>	1087mg
<b>Potassium (mg):</b>	1286mg
<b>Calcium (mg):</b>	81mg
<b>Iron (mg):</b>	3mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	77mg
<b>Vitamin A (i.u.):</b>	1310IU
<b>Vitamin A (r.e.):</b>	129 1/2RE

% Daily Values

0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	6 1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 180 **Calories from Fat:** 28

### % Daily Values\*

<b>Total Fat</b> 4g	5%
Saturated Fat trace	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1087mg	45%
<b>Total Carbohydrates</b> 37g	12%
Dietary Fiber 9g	37%
<b>Protein</b> 6g	
<b>Vitamin A</b>	26%
<b>Vitamin C</b>	128%
<b>Calcium</b>	8%
<b>Iron</b>	17%

\* Percent Daily Values are based on a 2000 calorie diet.