

Tomatillo Salsa II

50 Colorful Snacks
Food Network Magazine

1 pound medium tomatillos, husked
and rinsed
1 whole jalapeno pepper
1 small white onion, roughly chopped
4 cloves unpeeled garlic
1 cup fresh cilantro, packed
salt (to taste)
cucumber slices

In a large dry skillet, cook the tomatillos,
jalapeno, onion and garlic until charred in spots.
Peel the garlic.

Transfer the vegetables to a food processor.
Add the cilantro. Season with salt. Pulse until
almost smooth.

Serve with cucumber slices.

Per Serving (excluding unknown
items): 46 Calories; trace Fat (3.2%
calories from fat); 2g Protein; 10g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 12mg Sodium.
Exchanges: 1 1/2 Vegetable.

Salsa

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 46 |
| % Calories from Fat: | 3.2% |
| % Calories from Carbohydrates: | 83.7% |
| % Calories from Protein: | 13.1% |
| Total Fat (g): | trace |
| Saturated Fat (g): | trace |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 10g |
| Dietary Fiber (g): | 2g |
| Protein (g): | 2g |
| Sodium (mg): | 12mg |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .1mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | 31mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Daily Value* | on on% |

Food Exchanges

| | |
|-----------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 1 1/2 |

Potassium (mg): 259mg
Calcium (mg): 33mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 1040IU
Vitamin A (r.e.): 104RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 46 Calories from Fat: 1

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 12mg | 1% |
| Total Carbohydrates | 10g | 3% |
| Dietary Fiber | 2g | 9% |
| Protein | 2g | |
| Vitamin A | | 21% |
| Vitamin C | | 22% |
| Calcium | | 3% |
| Iron | | 2% |

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