

Healthy Mexican Salsa Verde

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per 1/4 cup/ 60 ml): Total carbs: 4.4 g, Fiber: 1.2 g, **Net carbs: 3.2 g,**

Protein: 0.7 g, Fat: 0.5 g, Calories: 22 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes about 34 fl oz/ 1 L)

- 2 lbs tomatillos (900 g)
- 1 large white onion (200 g/ 7.1 oz)
- 2 jalapeños (28 g/ 1 oz)
- 2 cloves garlic
- 1/2 cup cilantro (12 g/ 0.4 oz)
- 1 lime, juiced
- sea salt *or* [pink Himalayan salt](#), to taste

Instructions

1. Preheat your oven's broiler to high and place the rack 3 inches (8 cm) from the flame. Line a baking sheet with aluminum foil for easy clean up.
2. Cut the tomatillos in half and place them cut side down on the baking sheet along with the onion and jalapeños. Broil for 5 minutes until charred.
3. Transfer [to a blender](#) along with the remaining ingredients and blend until smooth.
4. Season with salt to your taste. Store in an airtight jar in the refrigerator for up to two weeks.

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