



Anchovy Gremolata

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons anchovy paste
- 0.5 cup flat-leaf parsley fresh
- 4 teaspoons garlic fresh minced
- 1 tablespoon lemon rind grated
- 4 teaspoons olive oil extra-virgin

Equipment

- bowl

Directions

- Combine parsley, garlic, olive oil, lemon rind, and anchovy paste in a medium bowl, stirring until well blended. Store in an airtight container in the refrigerator.

Nutrition Facts

PROTEIN 10.15% **FAT 76.56%** **CARBS 13.29%**

Properties

Glycemic Index:6.2, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:3.2960869767096%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 19.81kcal (0.99%), Fat: 1.75g (2.69%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.06g (0.07%), Cholesterol: 1.02mg (0.34%), Sodium: 45.99mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin K: 50.33µg (47.93%), Vitamin C: 5.14mg (6.23%), Vitamin A: 253.61IU (5.07%), Vitamin E: 0.3mg (1.97%), Iron: 0.28mg (1.53%), Vitamin B3: 0.29mg (1.44%), Selenium: 0.99µg (1.42%), Manganese: 0.03mg (1.3%), Folate: 4.83µg (1.21%), Vitamin B6: 0.02mg (1.05%)