

Basil-Parsley Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



10 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large egg yolks lightly beaten
- ☐ 1 cup chicken broth fat-free
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.8 cup parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon lemon rind finely chopped

☐ 2 tablespoons olive oil extra-virgin

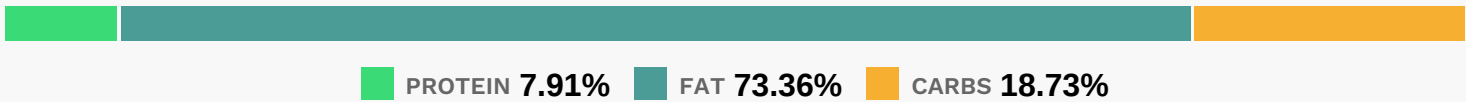
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine broth and cornstarch in a small saucepan. Bring to a boil, and cook 1 minute, stirring constantly. Gradually add hot broth mixture to egg yolks; stir constantly with a whisk. Return broth mixture to pan; cook over medium-low heat 15 minutes or until thermometer registers 16
- ☐ Pour into a bowl; stir in parsley and remaining ingredients. Cover and chill.
- ☐ Serve with steamed fresh vegetables such as artichokes, carrots, and potatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1808695391468%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 9.63kcal (0.48%), Fat: 0.8g (1.23%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.03g (0.03%), Cholesterol: 7.65mg (2.55%), Sodium: 23.71mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin K: 16.77µg (15.98%), Vitamin A: 102.67IU (2.05%), Vitamin C: 1.47mg (1.79%)