



## Basil Roui

 Vegetarian  Vegan  Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

## Ingredients

- 2.3 cups bread crumbs dry fine
- 1.8 cups basil fresh finely chopped
- 3 cloves garlic minced
- 1 jalapeno seeded finely chopped
- 0.5 cup olive oil
- 1 teaspoon sea salt
- 2 small tomatoes finely chopped

## Equipment

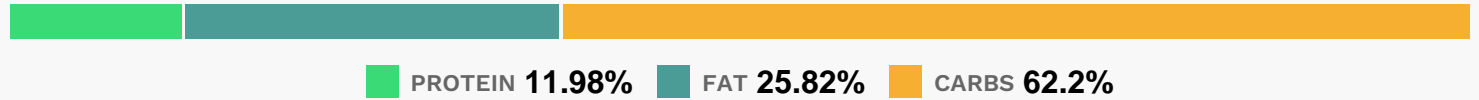
bowl

## Directions

In a medium bowl, stir together the basil, tomatoes, bread crumbs, garlic, jalapeno, sea salt and olive oil. Cover, and refrigerate overnight.

Serve with your favorite dippers!

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:8.1904348653296%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 155.78kcal (7.79%), Fat: 4.46g (6.86%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 22.34g (8.12%), Sugar: 2.65g (2.94%), Cholesterol: 0mg (0%), Sodium: 522.91mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin K: 27.63µg (26.32%), Vitamin B1: 0.32mg (21.18%), Manganese: 0.4mg (19.85%), Selenium: 8.12µg (11.6%), Vitamin B3: 2.3mg (11.51%), Folate: 41.19µg (10.3%), Iron: 1.79mg (9.95%), Vitamin A: 485.41IU (9.71%), Vitamin B2: 0.14mg (8.1%), Vitamin C: 6.49mg (7.86%), Fiber: 1.85g (7.39%), Calcium: 71.67mg (7.17%), Phosphorus: 62.55mg (6.26%), Copper: 0.12mg (5.92%), Magnesium: 19.96mg (4.99%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.64mg (4.28%), Potassium: 140.08mg (4%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.22mg (2.17%), Vitamin B12: 0.11µg (1.84%)