



## Basque-Style Green Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



275 kcal

SAUCE

### Ingredients

- 2 bay leaves
- 2 tablespoons basil leaves fresh finely chopped
- 0.3 cup parsley leaves fresh finely chopped
- 4 garlic cloves chopped
- 4 jalapeños seeds removed if desired, and chopped)
- 0.3 cup olive oil extra-virgin
- 2 tablespoons oregano leaves fresh finely chopped
- 0.5 teaspoon sea salt

2 tablespoons sherry vinegar

## Equipment

bowl

whisk

blender

## Directions

In a blender, place garlic, bay leaves, jalapeos, sea salt, and sherry vinegar. Blend until smooth.

Transfer pure to a medium bowl.

Add parsley, oregano, and basil, and stir to combine.

Whisk in olive oil.

## Nutrition Facts



**PROTEIN 1.95%** **FAT 86.93%** **CARBS 11.12%**

## Properties

Glycemic Index:84.5, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:14.568695700687%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 275.31kcal (13.77%), Fat: 27.43g (42.2%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 4.55g (1.66%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 590.52mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin K: 183.92µg (175.16%), Vitamin C: 45.65mg (55.34%), Vitamin E: 5.88mg (39.2%), Vitamin A: 1130.92IU (22.62%), Manganese: 0.43mg (21.43%), Iron: 2.81mg (15.59%), Fiber: 3.34g (13.36%), Vitamin B6: 0.26mg (12.78%), Calcium: 110.32mg (11.03%), Folate: 32.53µg (8.13%), Magnesium: 24.97mg (6.24%), Potassium: 210.72mg (6.02%), Copper: 0.08mg (4.19%), Vitamin B3: 0.75mg (3.75%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 30.64mg (3.06%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.21µg (1.72%)