



Bouquet Garni

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



40 kcal

SIDE DISH

Ingredients

- 2 bay leaves halved
- 1.5 teaspoons rosemary fresh
- 1 tablespoon thyme leaves fresh
- 3 cloves garlic crushed peeled
- 1 tablespoon marjoram leaves fresh
- 1 tablespoon oregano leaves fresh
- 1.5 teaspoons sage leaves fresh whole

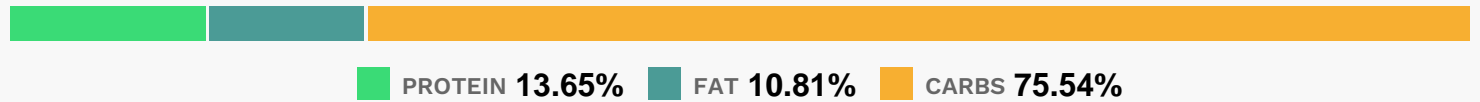
Equipment

cheesecloth

Directions

- Combine all ingredients on an 8-inch square of cheesecloth; tie ends of cheesecloth securely.
- Add bouquet garni to soups, stews, or vegetables cooked in a small amount of water.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:14.736087099366%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 39.63kcal (1.98%), Fat: 0.57g (0.88%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 5.31g (1.93%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Copper: 9.2mg (459.78%), Vitamin K: 64.04µg (60.99%), Manganese: 0.84mg (41.99%), Iron: 3.77mg (20.95%), Vitamin C: 16.92mg (20.5%), Calcium: 149.06mg (14.91%), Fiber: 3.65g (14.6%), Vitamin A: 603.67IU (12.07%), Vitamin B6: 0.19mg (9.7%), Magnesium: 33.43mg (8.36%), Vitamin E: 0.94mg (6.23%), Potassium: 167.65mg (4.79%), Folate: 18.83µg (4.71%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 31.18mg (3.12%), Zinc: 0.45mg (3.01%), Vitamin B1: 0.04mg (2.72%), Vitamin B3: 0.45mg (2.27%), Selenium: 1.51µg (2.16%), Vitamin B5: 0.14mg (1.38%)