



Bouquets Garnis

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



2 kcal

SIDE DISH

Ingredients

- 12 bay leaves divided
- 24 small sprigs parsley fresh divided
- 1.3 teaspoons tarragon leaves dried divided
- 1.5 teaspoons thyme leaves dried whole divided

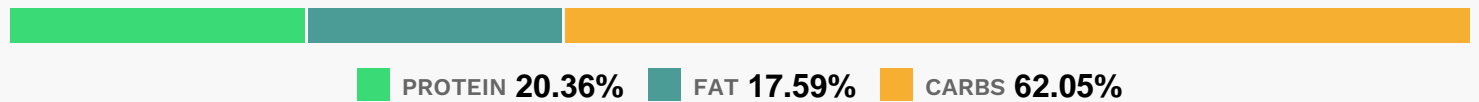
Equipment

- cheesecloth

Directions

- Wrap 2 parsley sprigs, 1 bay leaf, 1/8 teaspoon thyme, and 1/8 teaspoon tarragon in each of twelve 6-inch squares of cheesecloth. Tie into a bag, using white string. Pack herb bouquets into a wide-mouthed jar with clamped lid.
- Note: Use as a seasoning for stews or sauces.
- Add Bouquet Garni for last 30 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:2.2013043008907%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2.03kcal (0.1%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 1.35mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin K: 34.94µg (33.28%), Vitamin A: 188.75IU (3.77%), Vitamin C: 2.88mg (3.49%), Iron: 0.39mg (2.18%), Manganese: 0.04mg (1.95%), Folate: 4.17µg (1.04%)