



Caperberry Gremolata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons flat parsley coarsely chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons lemon zest finely grated
- ☐ 1 teaspoon orange zest finely grated
- ☐ 2 tablespoons salt-packed capers rinsed finely chopped (see Note)

Equipment

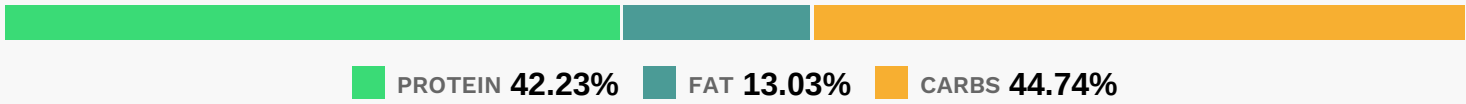
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine all of the ingredients in a small bowl and let stand until the flavors develop, at least 20 minutes.
- ☐ Make Ahead: The gremolata can be kept refrigerated in a covered bowl for up to 5 days.
- ☐ Serve With: Grilled, sauted or roasted tuna steaks, halibut steaks or fillets, pork loin or shrimp; pan-roasted chicken breasts (stuff about 1 tablespoon under the skin of each of 4 chicken breasts)
- ☐ Notes: Caperberries are available at specialty food stores.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:9.4826087251953%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 46.97kcal (2.35%), Fat: 0.7g (1.07%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 2258.44mg (98.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Vitamin K: 196.9µg (187.53%), Vitamin C: 36.03mg (43.68%), Vitamin A: 1024.92IU (20.5%), Fiber: 1.72g (6.87%), Manganese: 0.12mg (6.04%), Folate: 22.19µg (5.55%), Vitamin B6: 0.11mg (5.44%), Iron: 0.94mg (5.23%), Calcium: 43.3mg (4.33%), Potassium: 119.48mg (3.41%), Magnesium: 9.89mg (2.47%), Copper: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.17%), Phosphorus: 18.44mg (1.84%), Vitamin B2: 0.03mg (1.7%), Zinc: 0.23mg (1.54%), Selenium: 0.96µg (1.37%), Vitamin B5: 0.14mg (1.35%), Vitamin B3: 0.26mg (1.31%)