



## Charmoula

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



143 kcal

SIDE DISH

## Ingredients

- 0.3 cup cilantro sprigs
- 0.3 teaspoon ginger fresh grated peeled
- 1 small garlic clove
- 0.5 teaspoon ground cumin
- 1 Dash ground pepper red
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 0.1 teaspoon paprika

0.3 cup parsley sprigs

## Equipment

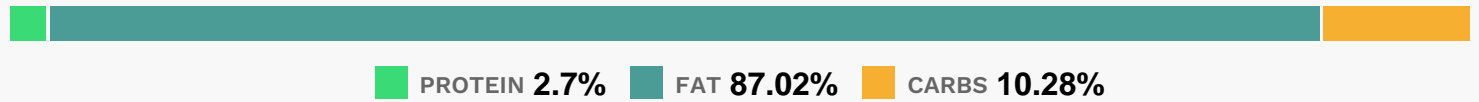
food processor

blender

## Directions

Place all ingredients in a food processor or blender; process until smooth, and set aside.

## Nutrition Facts



## Properties

Glycemic Index:161, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:10.5704349098%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 143.02kcal (7.15%), Fat: 14.47g (22.26%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 13.13mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin K: 267.21µg (254.49%), Vitamin A: 1712.14IU (34.24%), Vitamin C: 27.95mg (33.88%), Vitamin E: 2.39mg (15.94%), Iron: 1.87mg (10.39%), Folate: 28.75µg (7.19%), Manganese: 0.13mg (6.67%), Potassium: 159.23mg (4.55%), Calcium: 39.96mg (4%), Vitamin B6: 0.08mg (3.83%), Fiber: 0.94g (3.78%), Magnesium: 14.66mg (3.67%), Copper: 0.05mg (2.73%), Phosphorus: 22.65mg (2.26%), Vitamin B1: 0.03mg (2.18%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.29mg (1.91%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.13mg (1.28%)