



Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



10

CALORIES



54 kcal

SAUCE

Ingredients

- 3 cups cilantro leaves fresh coarsely chopped
- 0.3 teaspoon ground pepper black
- 2 teaspoons oregano dried
- 1 tablespoon pepper dried red crushed
- 3 tablespoons red wine vinegar
- 0.3 teaspoon salt
- 0.3 cup vegetable oil

Equipment

- food processor
- bowl
- sieve
- microwave

Directions

- Microwave 1/4 cup water at HIGH 45 seconds.
- Add crushed red pepper, and let stand 5 minutes.
- Pour through a fine wire-mesh strainer into a bowl, discarding liquid.
- Process vinegar, next 5 ingredients, and 2 Tbsp. water in a food processor 5 to 10 seconds or until cilantro is finely chopped. Stir in crushed red pepper. Store in an airtight container up to 3 days.

Nutrition Facts

PROTEIN 1.84% **FAT 91.67%** **CARBS 6.49%**

Properties

Glycemic Index:6.9, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:2.8330434457116%

Flavonoids

Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 53.58kcal (2.68%), Fat: 5.61g (8.63%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 73.93mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin K: 28.32µg (26.97%), Vitamin A: 568.18IU (11.36%), Vitamin E: 0.94mg (6.3%), Manganese: 0.06mg (3.13%), Fiber: 0.6g (2.38%), Iron: 0.4mg (2.21%), Vitamin C: 1.33mg (1.62%), Vitamin B6: 0.03mg (1.41%), Potassium: 48.08mg (1.37%), Calcium: 12.77mg (1.28%), Copper: 0.02mg (1.12%), Folate: 4.16µg (1.04%), Vitamin B2: 0.02mg (1.03%)