

Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



81 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper red crushed
- 1 cup flat-leaf parsley leaves fresh
- 1 cup cilantro leaves fresh
- 2 garlic cloves
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 2 tablespoons olive oil extra-virgin
- 0.3 cup oregano leaves fresh

0.3 teaspoon salt

Equipment

food processor

Directions

Combine parsley, cilantro, oregano, and garlic in a food processor, and process until finely chopped.

Add lime rind and the remaining ingredients to herb mixture; process until herbs are very finely chopped and mixture is well combined.

Nutrition Facts

 **PROTEIN 4.35%**  **FAT 75.51%**  **CARBS 20.14%**

Properties

Glycemic Index:32.75, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:10.800434641216%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 80.69kcal (4.03%), Fat: 7.3g (11.23%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 158.93mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin K: 281.47µg (268.07%), Vitamin A: 1625.62IU (32.51%), Vitamin C: 23.89mg (28.96%), Vitamin E: 1.83mg (12.23%), Iron: 2.2mg (12.23%), Manganese: 0.22mg (10.98%), Folate: 33.24µg (8.31%), Fiber: 1.99g (7.98%), Calcium: 75.71mg (7.57%), Potassium: 159.32mg (4.55%), Magnesium: 17.82mg (4.45%), Vitamin B6: 0.08mg (3.75%), Copper: 0.06mg (2.92%), Vitamin B2: 0.04mg (2.41%), Vitamin B3: 0.42mg (2.08%), Zinc: 0.29mg (1.94%), Phosphorus: 18.83mg (1.88%), Vitamin B1: 0.03mg (1.74%), Vitamin B5: 0.13mg (1.3%)