

Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SAUCE

Ingredients

- 3 tablespoons capers finely chopped
- 1 bunch cilantro leaves finely chopped
- 2 garlic cloves minced
- 0.5 teaspoon ground pepper black
- 0.5 cup olive oil
- 1 bunch parsley finely chopped
- 0.5 teaspoon pepper flakes red
- 1.5 tablespoons red wine vinegar

1.5 teaspoons salt

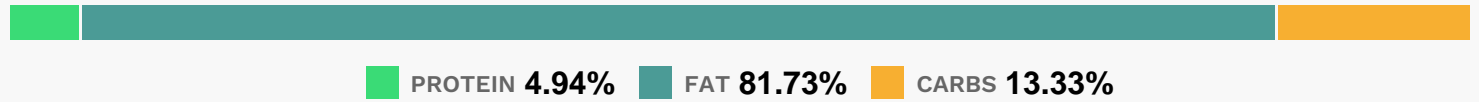
Equipment

mixing bowl

Directions

- Put the parsley, cilantro, capers and garlic in a medium mixing bowl and toss to combine.
- Add the vinegar, salt, red and black pepper and stir.
- Pour in the olive oil and mix until well combined.
- Let sit for 30 minutes so that the flavors blend.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:8.8700000125429%

Flavonoids

Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 5.63g (8.66%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 1052.06mg (45.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin K: 245.33µg (233.64%), Vitamin A: 1419.29IU (28.39%), Vitamin C: 20.25mg (24.54%), Vitamin E: 1.09mg (7.24%), Iron: 1.18mg (6.53%), Folate: 24.44µg (6.11%), Manganese: 0.1mg (5.1%), Fiber: 0.9g (3.6%), Potassium: 108.41mg (3.1%), Copper: 0.06mg (2.99%), Calcium: 28.98mg (2.9%), Magnesium: 11.05mg (2.76%), Vitamin B6: 0.04mg (2.09%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.22mg (1.44%), Phosphorus: 13.72mg (1.37%), Vitamin B1: 0.02mg (1.24%)