



 **10%**
HEALTH SCORE

Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SAUCE

Ingredients

- 3 Tbs capers chopped (I left these out)
- 1 Bunch cilantro leaves chopped
- 2 garlic clove finely minced
- 0.5 Tsp pepper fresh black
- 2 tablespoons olive oil
- 1 Bunch parsley chopped
- 0.5 Tsp pepper red
- 3 tablespoons red wine vinegar

1.5 Tsp salt

Equipment

mixing bowl

Directions

- Put the parsley, cilantro and garlic into 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 well to combine. Allow the mixture to sit for 30 minutes to allow the flavors to blend. This sauce is not only great on steak but I think it would also be wonderful on pork and chicken as well.

Nutrition Facts

 **PROTEIN 4.06%** **FAT 84.96%** **CARBS 10.98%**

Properties

Glycemic Index:31.5, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:8.9821739130435%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 8.69mg, Kaempferol: 8.69mg, Kaempferol: 8.69mg, Kaempferol: 8.69mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Taste

Sweetness: 2.76%, Saltiness: 33.79%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 74.66kcal (3.73%), Fat: 7.23g (11.12%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 1065mg (46.3%), Protein: 0.78g (1.56%), Vitamin K: 246.4µg (234.67%), Vitamin A: 1419.91IU (28.4%), Vitamin C: 20.3mg (24.6%), Vitamin E: 1.32mg (8.81%), Iron: 1.22mg (6.76%), Folate: 24.54µg (6.14%), Manganese: 0.11mg (5.25%), Fiber: 0.91g (3.66%), Potassium: 110.8mg (3.17%), Copper: 0.06mg (3.1%), Calcium: 29.52mg (2.95%), Magnesium: 11.42mg (2.86%), Vitamin B6: 0.04mg (2.09%), Vitamin B2: 0.03mg (1.8%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.22mg (1.47%), Phosphorus: 14.21mg (1.42%), Vitamin B1: 0.02mg (1.24%)