

Chimichurri



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



8 min.

SERVINGS



4

CALORIES



176 kcal

SAUCE

Ingredients

- ☐ 1 cup firmly flat-leaf parsley fresh thick packed trimmed
- ☐ 3 garlic cloves
- ☐ 2 Tbsps oregano leaves dried fresh (can sub 2 teaspoons oregano)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 0.5 teaspoon sea salt
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper flakes red

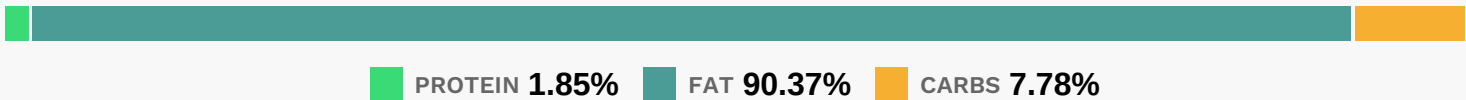
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Finely chop the parsley, fresh oregano, and garlic (or process in a food processor several pulses).
- ☐ Place in a small bowl.
- ☐ Stir in the olive oil, vinegar, salt, pepper, and red pepper flakes. Adjust seasonings.
- ☐ Serve immediately or refrigerate. If chilled, return to room temperature before serving. Can keep for a day or two.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:10.391304340052%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 176.43kcal (8.82%), Fat: 18.26g (28.09%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 303.11mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 272.65µg (259.67%), Vitamin A: 1343.73IU (26.87%), Vitamin C: 20.75mg (25.15%), Vitamin E: 3.21mg (21.41%), Iron: 2.05mg (11.41%), Manganese: 0.2mg (10.03%), Folate: 28.84µg (7.21%), Fiber: 1.66g (6.66%), Calcium: 66.2mg (6.62%), Magnesium: 15.41mg (3.85%), Potassium: 130.06mg (3.72%), Vitamin B6: 0.07mg (3.51%), Copper: 0.05mg (2.4%), Vitamin B2: 0.03mg (1.86%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.34mg (1.72%), Phosphorus: 16.92mg (1.69%), Vitamin B1: 0.02mg (1.48%)