



Chimichurri Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SEASONING

MARINADE

Ingredients

- 1 pepper flakes red finely chopped
- 2 cups cilantro leaves fresh minced
- 1 cup parsley fresh minced
- 3 garlic clove minced thinly sliced
- 1 teaspoon kosher salt plus more
- 0.8 cup olive oil extra virgin extra-virgin
- 0.3 cup oregano fresh finely chopped
- 0.5 cup red wine vinegar

1 shallots finely chopped

Equipment

bowl

whisk

grill

Directions

Combine vinegar, 1 teaspoon salt, garlic, shallot, and chile in a medium bowl and let stand for 10 minutes. Stir in cilantro, parsley, and oregano. Using a fork, whisk in oil.

Remove 1/2 cup chimichurri to a small bowl, season with salt to taste, and reserve as sauce. Put meat in a glass, stainless-steel, or ceramic dish. Toss with remaining marinade. Cover and chill for at least 3 hours or overnight.

Remove meat from marinade, pat dry, and grill.

Spoon reserved sauce over the grilled meat.

Nutrition Facts

PROTEIN 5.45% **FAT 69.57%** **CARBS 24.98%**

Properties

Glycemic Index:21.75, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:9.0130435332008%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 53.74kcal (2.69%), Fat: 4.25g (6.54%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 299.57mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin K: 151.1µg (143.91%), Vitamin C: 19.86mg (24.07%), Vitamin A: 989.52IU (19.79%), Manganese: 0.17mg (8.75%), Iron: 1.48mg (8.22%), Vitamin E: 1.15mg (7.64%), Fiber: 1.42g (5.67%), Folate: 21.01µg (5.25%), Calcium: 50.07mg (5.01%), Vitamin B6: 0.09mg (4.34%), Potassium:

126.58mg (3.62%), Magnesium: 13.03mg (3.26%), Copper: 0.05mg (2.4%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 16.44mg (1.64%), Vitamin B3: 0.32mg (1.6%), Vitamin B1: 0.02mg (1.39%), Zinc: 0.2mg (1.33%)