



Chimichurri Muy Pefecto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



80 kcal

SAUCE

Ingredients

- 1.8 cups flat parsley italian chopped
- 1 tablespoon garlic minced
- 1 teaspoon ground cumin
- 0.5 teaspoon hot sauce tabasco® (such as)
- 1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 cup olive oil
- 2 tablespoons oregano dried

0.3 teaspoon pepper red

0.3 cup red wine vinegar

Equipment

food processor

bowl

Directions

Place the Italian parsley, olive oil, red wine vinegar, oregano, cumin, salt, garlic, hot sauce, red pepper flakes, and lemon juice in the bowl of a food processor. Pulse until the parsley has been minced.

Nutrition Facts

 **PROTEIN 4.03%** **FAT 81.12%** **CARBS 14.85%**

Properties

Glycemic Index:12, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:10.093043502258%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 37.74mg, Apigenin: 37.74mg, Apigenin: 37.74mg, Apigenin: 37.74mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.62mg, Myricetin: 2.62mg, Myricetin: 2.62mg, Myricetin: 2.62mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 80.32kcal (4.02%), Fat: 7.51g (11.55%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 409.73mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 301.83µg (287.46%), Vitamin A: 1532.3IU (30.65%), Vitamin C: 25.02mg (30.33%), Iron: 2.05mg (11.38%), Vitamin E: 1.52mg (10.14%), Folate: 31.17µg (7.79%), Manganese: 0.15mg (7.6%), Calcium: 57.64mg (5.76%), Fiber: 1.39g (5.55%), Potassium: 137.97mg (3.94%), Magnesium: 15.5mg (3.88%), Vitamin B6: 0.05mg (2.73%), Copper: 0.05mg (2.31%), Zinc: 0.27mg (1.82%), Vitamin B2: 0.03mg (1.76%), Phosphorus: 17.6mg (1.76%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.02mg (1.58%)