



Chimichurri Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

SAUCE

Ingredients

- 1 bay leaf
- 1 clove garlic minced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 tsp oregano leaves dried
- 2 cups parsley sprigs fresh

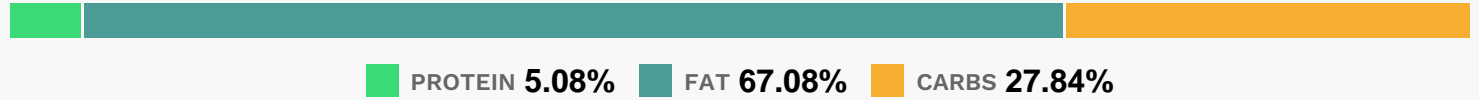
Equipment

- blender

Directions

- Place all ingredients in blender container; cover. Process until well blended.
- Serve over grilled steak, pork or chicken.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:6.3656521957854%

Flavonoids

Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 22.32kcal (1.12%), Fat: 1.72g (2.65%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 82.33mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin K: 136.34µg (129.84%), Vitamin A: 679.21IU (13.58%), Vitamin C: 10.74mg (13.02%), Iron: 0.57mg (3.15%), Folate: 12.46µg (3.12%), Vitamin E: 0.25mg (1.69%), Potassium: 53.25mg (1.52%), Calcium: 14.39mg (1.44%), Fiber: 0.32g (1.28%), Manganese: 0.03mg (1.26%), Magnesium: 4.77mg (1.19%)