



Chimichurri Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



38 kcal

SAUCE

Ingredients

- 1 bunch cilantro leaves fresh roughly chopped
- 1 bunch mint leaves fresh roughly chopped
- 1 bunch parsley fresh roughly chopped
- 6 cloves garlic
- 1 pinch kosher salt
- 2 lemons
- 0.5 cup olive oil light
- 0.3 teaspoon pepper flakes red to taste

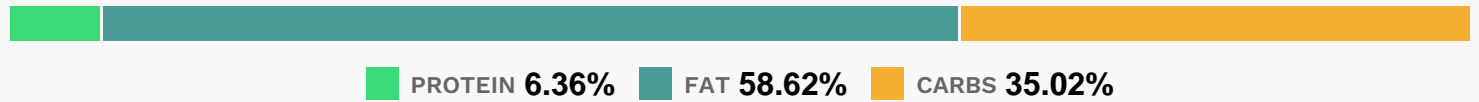
Equipment

- food processor
- bowl
- blender

Directions

- Grate 2 tablespoons of zest from the lemons and squeeze out 1/4 cup of juice.
- Add the zest and juice to a food processor or blender along with the cilantro, parsley, mint, garlic, salt, red pepper flakes, and olive oil. Pulse to blend the ingredients. If the sauce is too thick, add more oil and lemon juice. The sauce should be just thin enough to pour.
- Transfer the sauce to a serving bowl and serve with empanadas.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:7.9239131082659%

Flavonoids

Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg Hesperetin: 7.58mg, Hesperetin: 7.58mg, Hesperetin: 7.58mg, Hesperetin: 7.58mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 38.37kcal (1.92%), Fat: 2.87g (4.41%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 11.45mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 121.68µg (115.89%), Vitamin C: 24.92mg (30.2%), Vitamin A: 713.6IU (14.27%), Fiber: 1.13g (4.51%), Iron: 0.71mg (3.95%), Folate: 15.07µg (3.77%), Vitamin E: 0.53mg (3.56%), Manganese: 0.07mg (3.42%), Vitamin B6: 0.06mg (2.97%), Potassium: 95.06mg (2.72%), Calcium: 23.05mg (2.3%), Magnesium: 7.04mg (1.76%), Copper: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.51%), Phosphorus: 12.93mg (1.29%), Vitamin B2: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.01%)