



Chimichurri Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



342 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cilantro leaves packed
- ☐ 2 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1 cup flat parsley italian packed (1 bunch, stems removed)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt

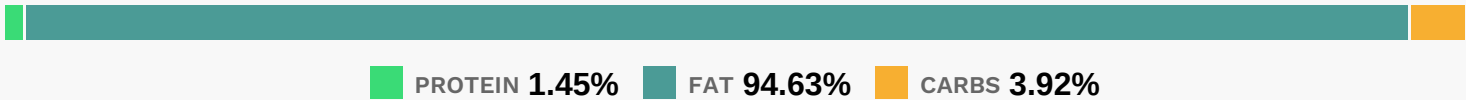
Equipment

☐ food processor

Directions

☐ Process all ingredients in a food processor until finely chopped.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:13.912173968294%

Flavonoids

Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 342.23kcal (17.11%), Fat: 36.41g (56.01%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 316.96mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin K: 520.21µg (495.44%), Vitamin A: 2742.91IU (54.86%), Vitamin C: 41.57mg (50.38%), Vitamin E: 5.57mg (37.16%), Iron: 2.66mg (14.78%), Folate: 47.05µg (11.76%), Manganese: 0.14mg (7.1%), Potassium: 214.54mg (6.13%), Calcium: 55.98mg (5.6%), Fiber: 1.25g (4.99%), Magnesium: 19.67mg (4.92%), Vitamin B6: 0.07mg (3.73%), Copper: 0.07mg (3.41%), Phosphorus: 28.58mg (2.86%), Zinc: 0.41mg (2.74%), Vitamin B1: 0.04mg (2.46%), Vitamin B3: 0.49mg (2.44%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.15mg (1.52%)