



Chimichurri Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



48 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 0.5 cup parsley leaves fresh
- ☐ 1 garlic clove peeled
- ☐ 1 tablespoon juice of lime fresh

☐ 2 tablespoons olive oil extra-virgin

Equipment

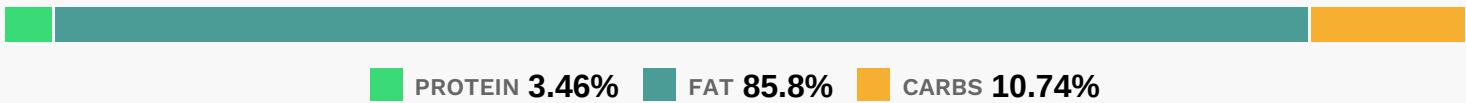
☐ food processor

☐ knife

Directions

- ☐ Place garlic in food processor; process until minced.
- ☐ Add parsley, cilantro, and mint; process until coarsely chopped.
- ☐ Add remaining ingredients; process until finely chopped.
- ☐ Kids Can Help: Kids can pick the herbs or chop the tops off of them with a safe knife. They can also measure the ingredients for you. With your help, let them pulse the ingredients in a food processor.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:5.9539131133453%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 48.44kcal (2.42%), Fat: 4.83g (7.44%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 0.78g (0.29%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 45.59mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin K: 88.02µg (83.83%), Vitamin A: 592.05IU (11.84%), Vitamin C: 8.62mg (10.45%), Vitamin E: 0.75mg (5.02%), Manganese: 0.08mg (4.1%), Iron: 0.55mg (3.08%), Folate: 11.58µg (2.9%), Fiber: 0.58g (2.3%), Calcium: 17.39mg (1.74%), Magnesium: 6.71mg (1.68%), Potassium: 57.7mg (1.65%), Selenium: 0.95µg (1.36%), Copper: 0.03mg (1.29%)