



HEALTH SCORE

17%

Chimichurri Sauce for Steaks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

**5 min.**

SERVINGS

**6**

CALORIES

**62 kcal**

SAUCE

Ingredients

- 1 bunch parsley fresh chopped
- 8 cloves garlic minced
- 0.5 teaspoon ground pepper
- 0.5 teaspoon pepper black
- 3 tablespoons juice of lemon
- 0.8 cup olive oil
- 1 teaspoon salt
- 0.3 cup sherry vinegar

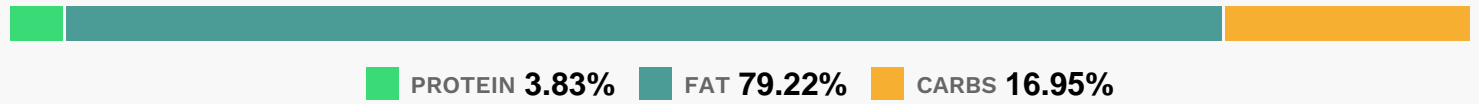
Equipment

- food processor
- blender

Directions

- In a blender or food processor, combine the parsley, garlic, oil, vinegar, lemon juice, salt, ground black pepper and cayenne pepper.
- Mix well, but do not puree.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:7.7699999964756%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 61.61kcal (3.08%), Fat: 5.55g (8.53%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 394.64mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin K: 159.53µg (151.93%), Vitamin C: 16.96mg (20.56%), Vitamin A: 871.35IU (17.43%), Vitamin E: 0.91mg (6.1%), Manganese: 0.11mg (5.66%), Iron: 0.77mg (4.28%), Folate: 16.26µg (4.07%), Vitamin B6: 0.07mg (3.31%), Potassium: 85.98mg (2.46%), Calcium: 22.68mg (2.27%), Fiber: 0.51g (2.03%), Magnesium: 7.15mg (1.79%), Copper: 0.03mg (1.57%), Phosphorus: 13.78mg (1.38%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.16mg (1.08%)