



Cilantro Mint Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cilantro leaves
- ☐ 12 large mint leaves fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chiles stemmed
- ☐ 2 tablespoons vegetable oil

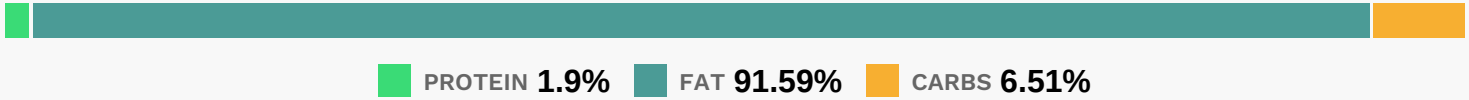
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, pulse chile, cilantro, and mint until reduced in volume by half.
- ☐ Add 2 tbsp. water, the oil, lemon juice, and salt. Whirl until smooth, adding 1 more tbsp. water if needed.
- ☐ Serve with Cauliflower Pakoras for dipping.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:2.87999999550633%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 52.29kcal (2.61%), Fat: 5.51g (8.47%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 236.39mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin K: 29.99µg (28.56%), Vitamin A: 545.25IU (10.9%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.62mg (4.12%), Manganese: 0.06mg (2.93%), Folate: 7.58µg (1.89%), Fiber: 0.42g (1.7%), Potassium: 53.8mg (1.54%), Iron: 0.25mg (1.39%), Copper: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.07%), Calcium: 10.58mg (1.06%), Magnesium: 4.03mg (1.01%)