



Cilantro-Pumpkinseed Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



4 kcal

SAUCE

Ingredients

- 0.8 cup cilantro leaves
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves peeled
- 1 tablespoon jalapeno seeded chopped
- 2 mint sprigs
- 0.3 cup onion chopped
- 7 ounce salsa verde canned
- 0.3 teaspoon salt

2 tablespoons sunflower seed kernels unsalted toasted

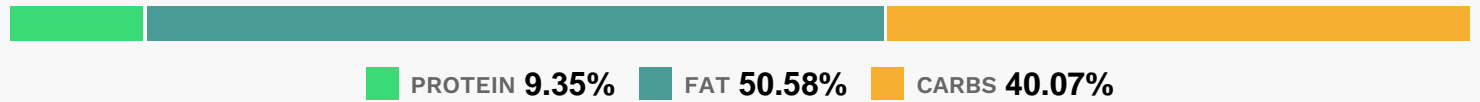
Equipment

blender

Directions

Place all ingredients in blender; process until well blended.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.40217391142379%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 3.85kcal (0.19%), Fat: 0.21g (0.33%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 31.62mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 2.68µg (2.55%)