



Citrus-Mint Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



144 kcal

SIDE DISH

Ingredients



2 tablespoons mint leaves fresh chopped



1 tablespoon lemon rind grated



2 tablespoons pinenuts toasted

Equipment



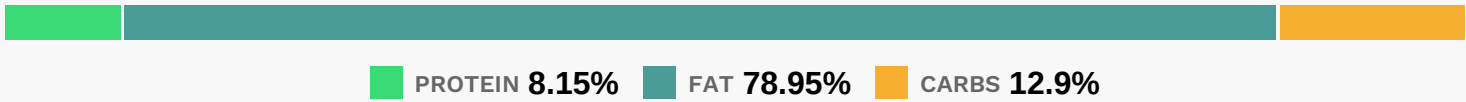
bowl

Directions

☐

Combine pine nuts and remaining ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.478695708772%

Flavonoids

Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg

Nutrients (% of daily need)

Calories: 144.42kcal (7.22%), Fat: 13.79g (21.22%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 3.86mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Manganese: 1.88mg (93.9%), Copper: 0.3mg (15.12%), Magnesium: 59.1mg (14.77%), Vitamin C: 11.08mg (13.43%), Vitamin E: 1.88mg (12.54%), Phosphorus: 123.02mg (12.3%), Vitamin K: 10.78µg (10.27%), Zinc: 1.42mg (9.44%), Iron: 1.66mg (9.23%), Fiber: 2.18g (8.7%), Vitamin A: 433.6IU (8.67%), Vitamin B1: 0.08mg (5.64%), Vitamin B3: 1.07mg (5.36%), Potassium: 185.9mg (5.31%), Folate: 18.98µg (4.74%), Vitamin B2: 0.08mg (4.52%), Calcium: 35.54mg (3.55%), Vitamin B6: 0.04mg (2.1%), Vitamin B5: 0.12mg (1.16%)