



Cook the Book: Grasslands Herb Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups mint leaves packed
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt to taste
- ☐ 0.5 cup spring onion white green coarsely chopped (and tender parts)

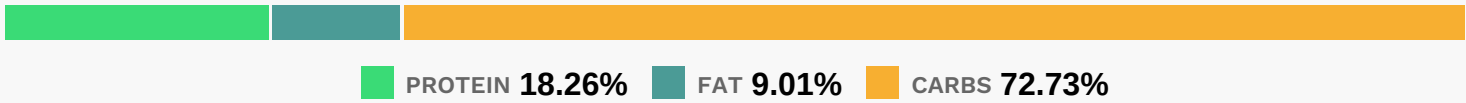
Equipment

- ☐ food processor
- ☐ bowl
- ☐ mortar and pestle

Directions

- ☐ Place the herbs and scallions in a food processor or a mini-chopper and process to a coarse paste.
- ☐ Add the vinegar and salt and pulse to blend. Alternatively, use a mortar and pestle to reduce the greens to a coarse paste, then add the vinegar and salt and mix well. Taste and adjust the seasoning if you wish.
- ☐ Transfer to a small serving bowl and serve with a small spoon so guests can help themselves.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:7.6817391424075%

Flavonoids

Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 28.25kcal (1.41%), Fat: 0.31g (0.48%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 205.97mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 34.5µg (32.86%), Vitamin A: 1440.57IU (28.81%), Manganese: 0.39mg (19.29%), Vitamin C: 12.67mg (15.36%), Fiber: 2.83g (11.33%), Folate: 44.87µg (11.22%), Iron: 1.78mg (9.86%), Calcium: 85.66mg (8.57%), Magnesium: 27.44mg (6.86%), Potassium: 216.95mg (6.2%), Copper: 0.11mg (5.67%), Vitamin B2: 0.09mg (5.48%), Vitamin B3: 0.6mg (3%), Phosphorus: 28.49mg (2.85%), Zinc: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.03mg (2.25%), Vitamin B5: 0.11mg (1.14%)