



## Creamy Arugula Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



65 kcal

SAUCE

## Ingredients

- 2 cups arugula roughly chopped
- 0.5 avocado pitted peeled
- 1.5 cups cilantro leaves fresh roughly chopped
- 2 cloves garlic minced
- 3 servings ground pepper black to taste
- 1 juice of lime juiced
- 3 servings salt to taste

## Equipment

blender

## Directions

Place arugula, cilantro, avocado, lime juice, and garlic in a blender; pulse until combined.

Add water as needed to thin sauce. Season with salt and pepper.

## Nutrition Facts

 **PROTEIN 7.58%**  **FAT 63.48%**  **CARBS 28.94%**

## Properties

Glycemic Index:55.33, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:7.3221738442131%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

## Nutrients (% of daily need)

Calories: 64.5kcal (3.23%), Fat: 5.07g (7.81%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.75g (0.84%), Cholesterol: 0mg (0%), Sodium: 203.98mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin K: 46.63µg (44.41%), Vitamin A: 910.88IU (18.22%), Vitamin C: 11.13mg (13.5%), Folate: 46.11µg (11.53%), Fiber: 2.79g (11.16%), Manganese: 0.17mg (8.65%), Potassium: 274.44mg (7.84%), Vitamin B6: 0.14mg (6.83%), Vitamin E: 0.98mg (6.5%), Vitamin B5: 0.59mg (5.95%), Copper: 0.1mg (5.1%), Magnesium: 19.54mg (4.88%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.74mg (3.71%), Calcium: 36.3mg (3.63%), Phosphorus: 32.81mg (3.28%), Iron: 0.57mg (3.19%), Vitamin B1: 0.04mg (2.69%), Zinc: 0.35mg (2.33%)