



Creamy Herb Sauce



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



402 kcal

SAUCE

Ingredients

- ☐ 20 basil leaves fresh
- ☐ 0.5 cup chives fresh chopped
- ☐ 4 tablespoons optional: dill fresh chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 5 servings pepper freshly ground to taste
- ☐ 5 servings sea salt to taste

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons tarragon vinegar

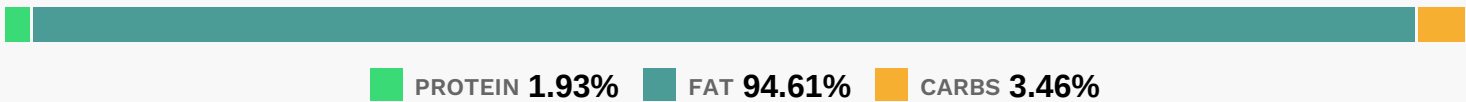
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 8 ingredients in a blender or food processor fitted with a metal blade until smooth and light green with visible specks of herbs.
- ☐ Add sea salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:9.0104348296704%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 402.3kcal (20.11%), Fat: 42.54g (65.45%), Saturated Fat: 9.91g (61.91%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.12g (1.14%), Sugar: 2.11g (2.34%), Cholesterol: 45.96mg (15.32%), Sodium: 496.83mg (21.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin K: 187.44µg (178.51%), Vitamin A: 1105.26IU (22.11%), Vitamin C: 13.63mg (16.52%), Vitamin E: 1.72mg (11.47%), Calcium: 66.78mg (6.68%), Vitamin B2: 0.1mg (5.85%), Folate: 21.1µg (5.28%), Phosphorus: 52.39mg (5.24%), Selenium: 2.79µg (3.99%), Iron: 0.68mg (3.76%), Potassium: 128.51mg (3.67%), Manganese: 0.07mg (3.59%), Magnesium: 11.7mg (2.93%), Vitamin B5: 0.28mg (2.82%), Vitamin B12: 0.15µg (2.51%), Zinc: 0.33mg (2.19%), Copper: 0.04mg (2.08%), Vitamin B6: 0.04mg (1.97%), Vitamin B1: 0.02mg (1.62%), Fiber: 0.37g (1.49%)