



Cuban Salsa Verde



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 2 garlic clove
- ☐ 4 spring onion chopped
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt

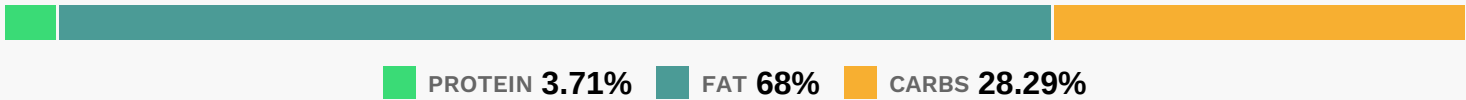
Equipment

☐ food processor

Directions

☐ Process all ingredients in a food processor 30 seconds or until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:1.3904348100009%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 17.82kcal (0.89%), Fat: 1.43g (2.2%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 60.65mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin K: 15.81µg (15.06%), Vitamin A: 171.45IU (3.43%), Vitamin C: 1.98mg (2.39%), Vitamin E: 0.29mg (1.94%), Manganese: 0.03mg (1.32%), Folate: 4.26µg (1.06%)