



Faz's Herb Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



176 kcal

SAUCE

Ingredients

- 1 teaspoon anchovy paste
- 4 teaspoons capers drained
- 0.5 cup chives chopped
- 0.5 teaspoon garlic chopped
- 2 tablespoons juice of lemon
- 0.5 cup lightly italian packed rinsed drained
- 2 cups lightly fresh packed rinsed drained
- 0.3 cup olive oil

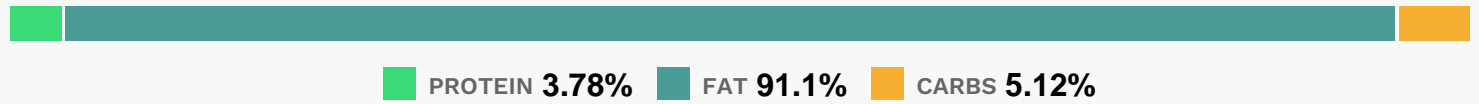
Equipment

- food processor
- blender

Directions

- In a blender or food processor, combine 2 cups lightly packed, rinsed and drained fresh basil leaves; 1/2 cup lightly packed, rinsed and drained Italian parsley; 1/2 cup chopped chives; 1/4 cup olive oil; 2 tablespoons lemon juice; 4 teaspoons drained capers; 1 teaspoon anchovy paste; and 1/2 teaspoon chopped garlic. Whirl until pureed smooth, scraping container sides as needed. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:11.354782680454%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 176.16kcal (8.81%), Fat: 18.47g (28.42%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.52g (0.58%), Cholesterol: 1.7mg (0.57%), Sodium: 154.23mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin K: 256.34µg (244.14%), Vitamin A: 1981.72IU (39.63%), Vitamin C: 24.19mg (29.33%), Vitamin E: 2.91mg (19.43%), Manganese: 0.24mg (11.91%), Folate: 35.97µg (8.99%), Iron: 1.49mg (8.27%), Calcium: 55.65mg (5.56%), Copper: 0.11mg (5.34%), Magnesium: 21.02mg (5.26%), Potassium: 146.76mg (4.19%), Vitamin B3: 0.75mg (3.73%), Fiber: 0.88g (3.51%), Vitamin B6: 0.06mg (2.92%), Phosphorus: 25.5mg (2.55%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.34mg (2.28%), Selenium: 1.59µg (2.28%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.13mg (1.3%)