



Four-Herb Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



166 kcal

SAUCE

Ingredients

- 1.5 teaspoons ancho chile powder
- 6 large basil leaves
- 2 teaspoons pepper black freshly ground
- 0.5 cup cilantro leaves
- 4 garlic cloves chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 tablespoon oregano leaves

- 0.5 cup parsley leaves
- 2 tablespoons bell pepper red minced
- 2 tablespoons red-wine vinegar
- 1 teaspoon salt
- 2 tablespoons onion white minced

Equipment

- food processor

Directions

- In a food processor, pulse garlic, cilantro, parsley, basil, oregano, onion, bell pepper, salt, pepper, cumin, and ancho chile powder until coarsely chopped.
- Pour in olive oil and red-wine vinegar and whirl to combine. Pack in a travel-safe container.

Nutrition Facts

■ PROTEIN **4.32%** ■ FAT **75.92%** ■ CARBS **19.76%**

Properties

Glycemic Index:132.5, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:15.159999940706%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 166.31kcal (8.32%), Fat: 14.71g (22.63%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 5.36g (1.95%), Sugar: 1.27g (1.42%), Cholesterol: 0mg (0%), Sodium: 1202.77mg (52.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 292.83µg (278.89%), Vitamin A: 2393.31IU (47.87%), Vitamin C: 35.94mg (43.57%), Manganese: 0.61mg (30.52%), Vitamin E: 3.46mg (23.05%), Iron: 3.06mg (17.02%), Fiber: 3.26g (13.04%), Vitamin B6: 0.2mg (10.01%), Calcium: 99.46mg (9.95%), Folate: 39.19µg (9.8%), Potassium: 268.26mg (7.66%), Magnesium: 27.79mg (6.95%), Copper: 0.12mg (6.18%), Vitamin B2: 0.07mg (4.23%), Phosphorus: 40.85mg (4.08%), Vitamin B3: 0.73mg (3.66%), Vitamin B1: 0.05mg (3.41%), Zinc: 0.49mg (3.25%),

Vitamin B5: 0.23mg (2.27%), Selenium: 1.51µg (2.16%)