

Fresh Herb Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



9 kcal

SAUCE

Ingredients

- 1 tablespoon capers
- 2 tablespoons olive oil extravirgin
- 0.5 cup basil leaves fresh loosely packed
- 0.5 cup parsley fresh loosely packed
- 0.1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 3 tablespoons mint leaves loosely packed
- 1 Dash pepper red crushed

2 tablespoons shallots chopped

2 tablespoons water cold

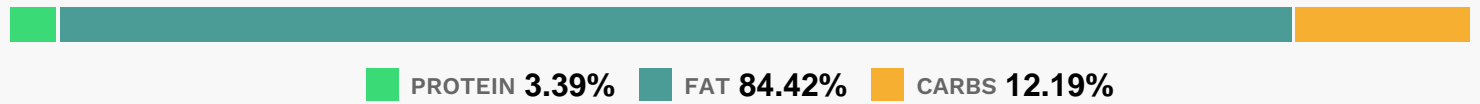
Equipment

food processor

Directions

Combine all ingredients except oil in a food processor, and process until herbs are finely minced. With processor on, slowly pour oil through food chute; process until well blended.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.1673913304896%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 9.11kcal (0.46%), Fat: 0.89g (1.37%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 16.89mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 17.53µg (16.69%), Vitamin A: 119.99IU (2.4%), Vitamin C: 1.71mg (2.07%)