

Fresh Herb Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



21 kcal

SAUCE

Ingredients

- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon red wine vinegar

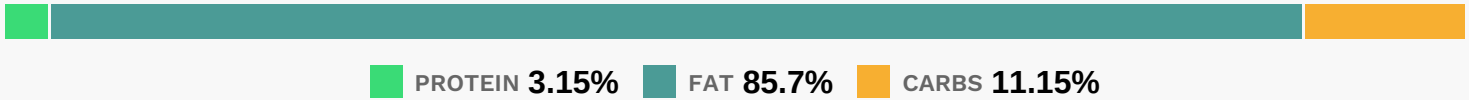
Equipment

bowl

Directions

In a small bowl, combine the garlic, parsley, oregano, red pepper flakes, olive oil, vinegar, and kosher salt. Cover and refrigerate for at least 3 hours. Bring to room temperature and spoon over grilled meat, chicken, seafood, or vegetables.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:3.889565286753%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 20.87kcal (1.04%), Fat: 2.08g (3.2%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 76mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin K: 64.73µg (61.65%), Vitamin A: 339.78IU (6.8%), Vitamin C: 5.11mg (6.2%), Vitamin E: 0.4mg (2.67%), Iron: 0.38mg (2.1%), Folate: 6.47µg (1.62%), Manganese: 0.03mg (1.46%), Fiber: 0.29g (1.14%), Calcium: 11.13mg (1.11%)