



Fresh Lemon Herb Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SAUCE

Ingredients

- ☐ 0.5 tsp pepper black freshly ground
- ☐ 0.8 cup olive oil extra virgin
- ☐ 6 servings purple gel food coloring
- ☐ 0.8 cup basil fresh loosely packed
- ☐ 0.5 cup chives fresh
- ☐ 1 cup parsley fresh loosely packed
- ☐ 2 sprigs rosemary leaves fresh
- ☐ 3 tbsp juice of lemon fresh (1 lemon)

- ☐ 1 tbsp lemon zest (1 lemon)
- ☐ 1 tsp salt to taste

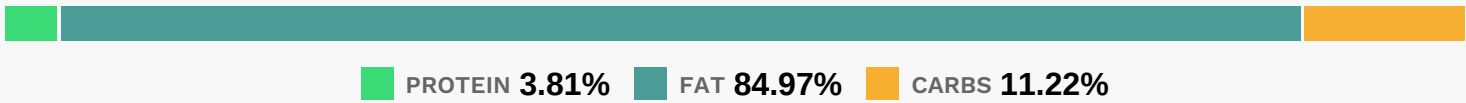
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Fresh Lemon Herb Sauce
- ☐ Ingredients3/4 cup extra virgin olive oil1 cup fresh parsley, loosely packed3/4 cup fresh basil, loosely packed1/2 cup fresh chives2 sprigs fresh rosemary3 tbsp fresh squeezed lemon juice (about 1 lemon)1 tbsp lemon zest (about 1 lemon)1 tsp salt, or more to taste1/2 tsp freshly ground black pepper
- ☐ You will also need
- ☐ Blender or food processor
- ☐ Servings: 1 1/2 cups herb sauce
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:8.1104347100076%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg

0.48mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 55.61kcal (2.78%), Fat: 5.55g (8.54%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 393.68mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin K: 187.07µg (178.17%), Vitamin C: 19.98mg (24.21%), Vitamin A: 1148.59IU (22.97%), Vitamin E: 0.9mg (5.99%), Folate: 22.43µg (5.61%), Iron: 0.83mg (4.64%), Manganese: 0.09mg (4.32%), Fiber: 0.64g (2.55%), Calcium: 25.1mg (2.51%), Potassium: 86.01mg (2.46%), Magnesium: 9.25mg (2.31%), Copper: 0.04mg (1.82%), Vitamin B6: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.07%), Zinc: 0.16mg (1.06%), Phosphorus: 10.42mg (1.04%)