



Fresh mint & raisin sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



67 kcal

SAUCE

Ingredients

- ☐ 80 g mint leaves fresh leaves picked chopped
- ☐ 100 g raisin
- ☐ 4 tbsp cider vinegar
- ☐ 3 tsp brown sugar soft

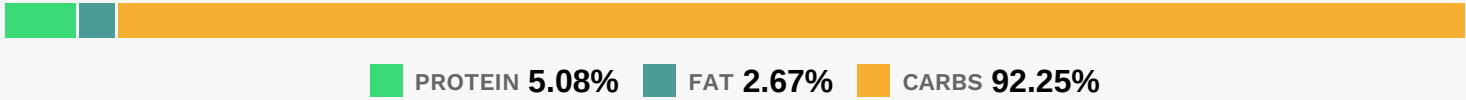
Equipment

- ☐ food processor
- ☐ bowl

Directions

☐ Add all the ingredients to a food processor along with 4 tbsp water, and pulse to a chunky salsa texture. Spoon into a bowl and serve alongside the lamb.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:3.553913064625%

Flavonoids

Eriodictyol: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg

Nutrients (% of daily need)

Calories: 66.83kcal (3.34%), Fat: 0.22g (0.33%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 14.53g (5.28%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 9.74mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.23mg (11.35%), Vitamin A: 566.4IU (11.33%), Fiber: 2.2g (8.8%), Potassium: 222.75mg (6.36%), Iron: 1.14mg (6.33%), Vitamin C: 5.14mg (6.23%), Copper: 0.1mg (4.79%), Magnesium: 16.31mg (4.08%), Folate: 15.72µg (3.93%), Calcium: 39.09mg (3.91%), Vitamin B2: 0.07mg (3.87%), Vitamin B6: 0.05mg (2.46%), Phosphorus: 23.09mg (2.31%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.03mg (1.97%), Zinc: 0.18mg (1.22%)