

Green Harissa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon coriander seeds
- ☐ 2 tablespoons cumin seeds
- ☐ 0.5 cup flat parsley
- ☐ 0.5 cup cilantro leaves fresh with tender stems
- ☐ 1 small garlic clove smashed
- ☐ 3 jalapeno seeded sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 2 small spring onion sliced
- ☐ 1 teaspoon sea salt fine

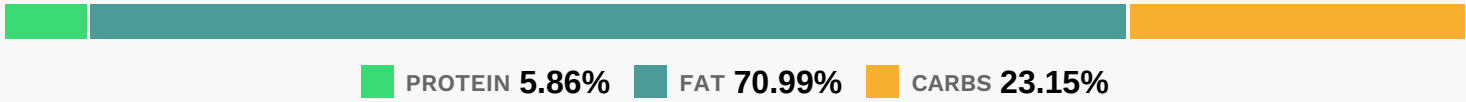
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Lightly toast cumin and coriander seeds in a small skillet over medium heat, stirring often, until fragrant, 2–3 minutes; let cool. Purée seeds with jalapeños, scallions, garlic, oil, parsley, cilantro, lemon juice, and salt in a blender or food processor until smooth. DO AHEAD: Harissa can be made 5 days ahead. Press a piece of plastic wrap directly onto surface of harissa. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:7.8691305284915%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 49.46kcal (2.47%), Fat: 4.3g (6.61%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 395.38mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 93.16µg (88.73%), Vitamin C: 20.04mg (24.3%), Vitamin A: 629.3IU (12.59%), Iron: 1.88mg (10.44%), Vitamin E: 0.93mg (6.21%), Manganese: 0.12mg (5.81%), Fiber:

1.04g (4.17%), Magnesium: 15.05mg (3.76%), Calcium: 36.15mg (3.62%), Folate: 13.63µg (3.41%), Potassium: 115.52mg (3.3%), Vitamin B6: 0.06mg (2.82%), Copper: 0.04mg (2.2%), Phosphorus: 20.94mg (2.09%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.49%), Vitamin B2: 0.02mg (1.43%)