



Green Herb Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



92 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons basil fresh packed
- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 1 cup cilantro leaves fresh packed
- ☐ 2 tablespoons chives fresh coarsely chopped
- ☐ 1 clove garlic chopped
- ☐ 0.5 jalapeno seeded chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup parsley fresh packed

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

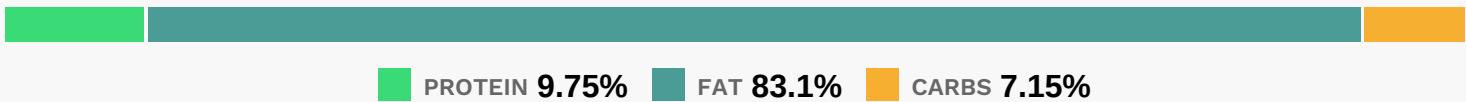
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place all ingredients in food processor or blender. Cover and process, stopping to scrape sides if necessary, until smooth.
- ☐ Serve sauce with grilled pork, poultry or fish.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:7.0965216995581%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 8.66g (13.32%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.24g (0.27%), Cholesterol: 5.73mg (1.91%), Sodium: 313.41mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin K: 94.19µg (89.71%), Vitamin A: 777.15IU (15.54%), Vitamin C: 9.43mg (11.43%), Calcium: 68.5mg (6.85%), Vitamin E: 0.8mg (5.31%), Phosphorus: 47.34mg (4.73%), Selenium: 2.42µg (3.45%), Manganese: 0.07mg (3.34%), Folate: 11.31µg (2.83%), Vitamin B2: 0.04mg (2.64%), Zinc: 0.37mg (2.46%), Iron: 0.42mg (2.32%), Potassium: 70.53mg (2.02%), Magnesium: 6.97mg (1.74%), Vitamin B6: 0.03mg (1.73%), Vitamin B12: 0.09µg (1.46%), Copper: 0.03mg (1.43%), Fiber: 0.35g (1.42%)