



Green Herb Squares



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 4 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 1 tablespoon tarragon leaves dried fresh chopped
- ☐ 1 cup leeks white coarsely chopped (part only)

- ☐ 1 cup onion coarsely chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons slivered almonds
- ☐ 0.3 cup sorrel leaves fresh coarsely chopped (Swiss chard)
- ☐ 1.3 cups swiss chard leaves coarsely chopped

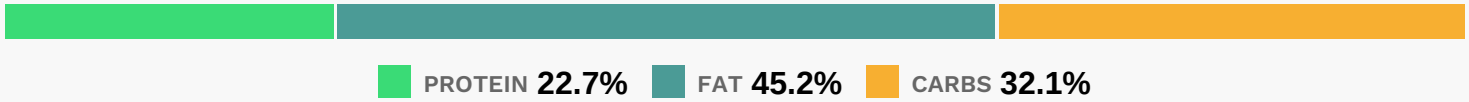
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a blender or food processor, whirl almonds until very finely ground.
- ☐ Add Swiss chard, onion, leeks, sorrel, mint, parsley, cilantro, dill, tarragon, eggs, flour, salt, and cayenne. Whirl until smoothly pureed.
- ☐ Pour into an oiled 8- or 9-inch square pan.
- ☐ Bake in a 300 oven until center barely jiggles when gently shaken, about 30 minutes.
- ☐ Cool and cut into 3/4- to 1-inch squares. Lift out with a wide spatula.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.3391304262306%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 10.7kcal (0.53%), Fat: 0.56g (0.86%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.21g (0.23%), Cholesterol: 11.63mg (3.88%), Sodium: 25.28mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 10.53µg (10.03%), Vitamin A: 126.45IU (2.53%), Manganese: 0.04mg (1.98%), Selenium: 1.1µg (1.57%), Vitamin B2: 0.03mg (1.47%), Vitamin E: 0.19mg (1.25%), Iron: 0.21mg (1.17%), Vitamin C: 0.94mg (1.14%), Phosphorus: 11.16mg (1.12%), Folate: 4.3µg (1.08%)