



Gremolata

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



7 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup flat-leaf parsley fresh loosely packed
- ☐ 4 garlic cloves
- ☐ 1 teaspoon herbs de provence
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

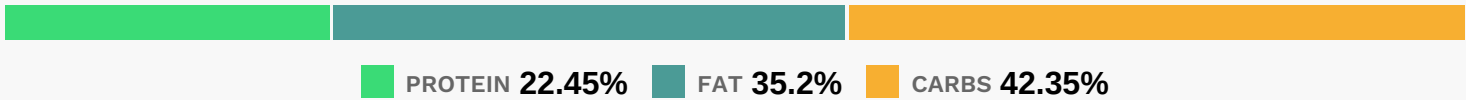
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process all ingredients in a food processor or blender until well blended or to desired consistency, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.9539130355191%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 7.35kcal (0.37%), Fat: 0.31g (0.48%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.05g (0.06%), Cholesterol: 0.87mg (0.29%), Sodium: 135mg (5.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin K: 26.52µg (25.25%), Vitamin C: 3.19mg (3.87%), Vitamin A: 139.76IU (2.8%), Manganese: 0.04mg (2.21%), Calcium: 16.34mg (1.63%), Iron: 0.26mg (1.43%)