



Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



15 kcal

SIDE DISH

Ingredients

- ☐ 2 Tbsp flat-leaf parsley leaves minced
- ☐ 1 Tbsp lemon zest freshly grated
- ☐ 2 teaspoons garlic minced crushed

Equipment

- ☐ bowl

Directions

- ☐ Mince the parsley and garlic, grate the lemon zest, and toss all together in a small bowl with a fork.
- ☐ Served sprinkled over pork, lamb, or veal, especially good with osso buco.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:7.5917391284652%

Flavonoids

Apigenin: 16.38mg, Apigenin: 16.38mg, Apigenin: 16.38mg, Apigenin: 16.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 14.5kcal (0.72%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 5.64mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin K: 124.74µg (118.8%), Vitamin C: 19.72mg (23.9%), Vitamin A: 643.76IU (12.88%), Manganese: 0.11mg (5.62%), Vitamin B6: 0.09mg (4.58%), Fiber: 1.01g (4.05%), Iron: 0.62mg (3.45%), Folate: 12.51µg (3.13%), Calcium: 29.39mg (2.94%), Potassium: 75.76mg (2.16%), Copper: 0.03mg (1.74%), Magnesium: 6.2mg (1.55%), Vitamin B1: 0.02mg (1.48%), Phosphorus: 14.31mg (1.43%), Selenium: 0.9µg (1.29%), Zinc: 0.17mg (1.11%), Vitamin B2: 0.02mg (1.11%)