



HERBES DE NAPA



HEALTH SCORE

76%

Herbes de Napa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**5 min.**

SERVINGS

**3**

CALORIES

**78 kcal**

SIDE DISH

Ingredients



1.5 tablespoons bay leaves crumbled



1.5 tablespoons rosemary leaves dried



3 tablespoons fennel seed



1.5 tablespoons lavender flowers dried



2.5 tablespoons summer savory leaves dried



6 tablespoons thyme leaves dried

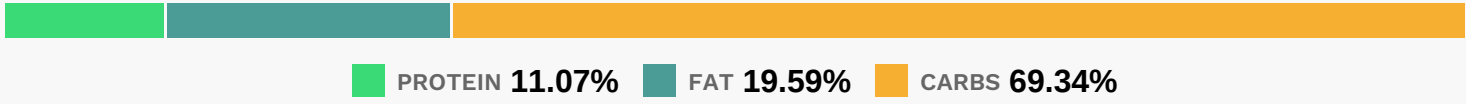
Equipment

Directions

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Combine all ingredients. Store in an airtight container away from light and heat for up to 4 months.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:16.288261092227%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 6.34mg, Luteolin: 6.34mg, Luteolin: 6.34mg, Luteolin: 6.34mg

Nutrients (% of daily need)

Calories: 78.47kcal (3.92%), Fat: 2.17g (3.33%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 6.57g (2.39%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 1.48mg (74.23%), Iron: 9.1mg (50.54%), Calcium: 428.81mg (42.88%), Fiber: 10.67g (42.67%), Vitamin C: 31.81mg (38.56%), Vitamin A: 1421.01IU (28.42%), Magnesium: 95.36mg (23.84%), Vitamin B6: 0.33mg (16.68%), Copper: 0.25mg (12.5%), Potassium: 331.25mg (9.46%), Zinc: 1.07mg (7.16%), Phosphorus: 63.14mg (6.31%), Vitamin B3: 1.15mg (5.77%), Vitamin B1: 0.09mg (5.71%), Vitamin B2: 0.1mg (5.62%), Folate: 11.17µg (2.79%)