



Inka Mama's Aji

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

Ingredients

- 5 cloves garlic
- 8 servings salt and ground pepper black to taste
- 1 head iceberg lettuce chopped
- 0.8 cup olive oil or as needed
- 3 romaine lettuce leaves
- 7 serrano peppers

Equipment

- blender

Directions

- Combine iceberg lettuce, romaine lettuce, garlic, serrano peppers, and olive oil in the blender; blend until smooth. Season with salt and black pepper.

Nutrition Facts

PROTEIN 6.92% **FAT 68.59%** **CARBS 24.49%**

Properties

Glycemic Index:11.75, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:5.0143477994463%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 51.74kcal (2.59%), Fat: 4.21g (6.48%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 8.52mg (0.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin K: 30.25µg (28.81%), Vitamin A: 1302.68IU (26.05%), Folate: 35.1µg (8.77%), Manganese: 0.15mg (7.72%), Vitamin C: 5.25mg (6.36%), Fiber: 1.29g (5.15%), Vitamin E: 0.76mg (5.05%), Vitamin B6: 0.09mg (4.31%), Potassium: 145.83mg (4.17%), Vitamin B1: 0.04mg (2.79%), Iron: 0.49mg (2.71%), Phosphorus: 21.75mg (2.18%), Magnesium: 7.98mg (2%), Calcium: 20.05mg (2%), Vitamin B2: 0.03mg (1.79%), Copper: 0.04mg (1.78%), Zinc: 0.16mg (1.08%), Vitamin B3: 0.21mg (1.05%)