



Italian Salsa Verde

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy minced
- 0.5 teaspoon pepper black ()
- 1 garlic clove minced
- 15.5 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest packed grated ()
- 0.8 cup olive oil extra virgin extra-virgin
- 0.8 cup flat parsley italian packed chopped ()
- 0.5 teaspoon pepper dried red crushed

0.8 teaspoon sea salt fine ()

Equipment

bowl

whisk

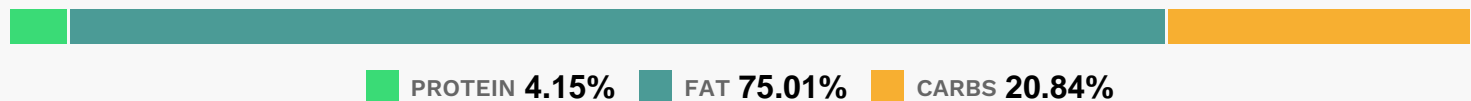
wooden spoon

Directions

Mix first 5 ingredients in small bowl. Using back of wooden spoon, mash to paste.

Whisk in lemon juice, then olive oil in thin stream until blended. Stir in parsley, capers, and anchovies. Season with more salt and pepper, if desired. DO AHEAD: Can be made 6 hours ahead. Cover; chill. Bring to room temperature and rewhisk before using.

Nutrition Facts

 **PROTEIN 4.15%** **FAT 75.01%** **CARBS 20.84%**

Properties

Glycemic Index: 23.5, Glycemic Load: 0.21, Inflammation Score: -7, Nutrition Score: 9.6473913536124%

Flavonoids

Eriodictyol: 2.84mg, Eriodictyol: 2.84mg, Eriodictyol: 2.84mg, Eriodictyol: 2.84mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Hesperetin: 8.41mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Apigenin: 24.28mg, Apigenin: 24.28mg, Apigenin: 24.28mg, Apigenin: 24.28mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 93.63kcal (4.68%), Fat: 8.47g (13.04%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.6g (1.78%), Cholesterol: 1.2mg (0.4%), Sodium: 449.44mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Vitamin K: 190.06µg (181.01%), Vitamin C: 38.02mg (46.08%), Vitamin A: 1027.87IU (20.56%), Vitamin E: 1.45mg (9.66%), Folate: 29.07µg (7.27%), Iron: 0.94mg (5.22%), Potassium: 141.63mg (4.05%), Manganese: 0.08mg (3.81%), Fiber: 0.74g (2.95%), Vitamin B6: 0.06mg (2.77%), Magnesium: 10.97mg (2.74%), Calcium: 25.93mg (2.59%), Vitamin B3: 0.52mg (2.59%), Copper: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.82%), Phosphorus: 16.98mg (1.7%), Vitamin B2: 0.03mg (1.69%), Vitamin B5: 0.14mg (1.45%),

Selenium: 0.97µg (1.39%), Zinc: 0.21mg (1.39%)