



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 ()

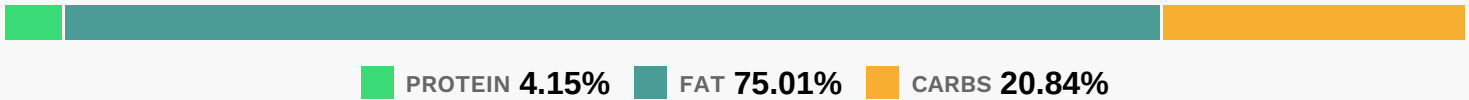
Equipment

- ☐ 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 thinstream until blended. Stir in parsley, capers,and anchovies. Season with more saltand pepper, if desired. DO AHEAD: Can bemade 6 hours ahead. Cover; chill. Bring toroom temperature and rewhisk before using.

Nutrition Facts



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 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: Og (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%)