



Italian Salsa Verde

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 fillet anchovy
- ☐ 0.3 cup capers drained
- ☐ 15 cornichons (scant)
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 4 cups parsley leaves fresh italian packed () (from 2 large bunches)
- ☐ 3 servings sea salt fine
- ☐ 12 sandwich bread white
- ☐ 2 tablespoons citrus champagne vinegar

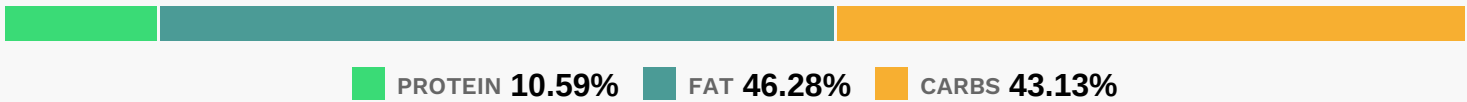
Equipment

☐ bowl

Directions

- ☐ Place bread slices in medium bowl.
- ☐ Pour vinegar over and let stand until bread softens, about 15 minutes.
- ☐ Transfer bread mixture to processor; add next 5 ingredients and process until almost smooth.
- ☐ Transfer salsa to medium bowl. Season with sea salt and freshly ground black pepper. DO AHEAD Can be made 1 day ahead. Cover; refrigerate.
- ☐ Let stand at room temperature 1 hour; rewhisk before using.

Nutrition Facts



Properties

Glycemic Index:35.59, Glycemic Load:35.85, Inflammation Score:-10, Nutrition Score:33.06043485714%

Flavonoids

Apigenin: 172.47mg, Apigenin: 172.47mg, Apigenin: 172.47mg, Apigenin: 172.47mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 20.35mg, Kaempferol: 20.35mg, Kaempferol: 20.35mg, Kaempferol: 20.35mg Myricetin: 11.87mg, Myricetin: 11.87mg, Myricetin: 11.87mg, Myricetin: 11.87mg Quercetin: 25.39mg, Quercetin: 25.39mg, Quercetin: 25.39mg, Quercetin: 25.39mg

Nutrients (% of daily need)

Calories: 504.28kcal (25.21%), Fat: 26.28g (40.43%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 55.12g (18.37%), Net Carbohydrates: 49.65g (18.05%), Sugar: 6.13g (6.81%), Cholesterol: 4mg (1.33%), Sodium: 1187.97mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Vitamin K: 1331.15µg (1267.76%), Vitamin A: 6773.21IU (135.46%), Vitamin C: 107.13mg (129.85%), Folate: 236.6µg (59.15%), Iron: 8.97mg (49.82%), Vitamin B1: 0.58mg (38.81%), Manganese: 0.74mg (37.08%), Selenium: 25.89µg (36.98%), Vitamin B3: 6.84mg (34.19%), Calcium: 337.97mg (33.8%), Vitamin E: 4.1mg (27.34%), Fiber: 5.47g (21.87%), Vitamin B2: 0.36mg (20.96%), Magnesium: 75.15mg (18.79%), Phosphorus: 173.96mg (17.4%), Potassium: 596.87mg (17.05%), Copper: 0.32mg (15.86%), Zinc: 1.9mg (12.68%), Vitamin B5: 0.9mg (9.05%), Vitamin B6: 0.18mg (8.87%)