



Italian-Style Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers finely chopped
- ☐ 0.3 cup chives coarsely chopped
- ☐ 0.3 cup fennel fronds coarsely chopped
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 0.8 tsp kosher salt
- ☐ 0.3 cup mint leaves coarsely chopped
- ☐ 1.3 cups mild and olive oil fruity extra-virgin
- ☐ 2 teaspoons sage leaves coarsely chopped

- ☐ 0.3 cup shallots coarsely chopped
- ☐ 0.3 cup tarragon coarsely chopped

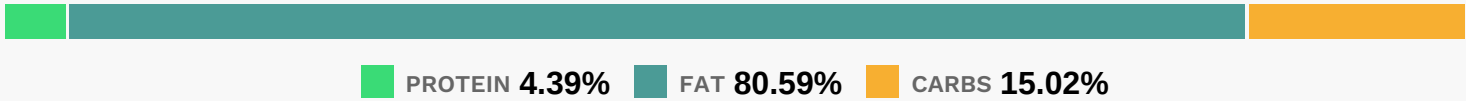
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine everything except oil in a small bowl.
- ☐ Whisk in oil. Taste and adjust salt. Chill overnight, if possible, so flavors can marry.
- ☐ Make ahead: Up to 1 day, chilled; let come to room temperature.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:3.7978261142321%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 29.77kcal (1.49%), Fat: 2.79g (4.29%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 111.77mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Copper: 0.62mg (31.09%), Vitamin K: 28.19µg (26.85%), Manganese: 0.09mg (4.66%), Vitamin A: 201.47IU (4.03%), Vitamin C: 3.18mg (3.86%), Vitamin E: 0.42mg (2.77%), Iron: 0.43mg (2.39%), Folate: 6.68µg (1.67%), Vitamin B6: 0.03mg (1.45%), Calcium: 14.5mg (1.45%), Potassium: 47.84mg (1.37%), Fiber: 0.32g (1.29%), Magnesium: 5.03mg (1.26%)