



## Jade Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

SAUCE

## Ingredients

- 0.3 cup olive oil extra virgin
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 1 teaspoon garlic minced
- 2 tablespoons spring onion chopped
- 2 teaspoons honey
- 2 teaspoons jalapeno minced seeded
- 1 tablespoon juice of lime fresh

1 teaspoon lime zest grated

0.3 teaspoon salt

## Equipment

food processor

## Directions

Process all ingredients in a food processor 10 seconds or until thoroughly blended, stopping to scrape down sides as needed.

## Nutrition Facts

 **PROTEIN 0.86%**  **FAT 86.7%**  **CARBS 12.44%**

## Properties

Glycemic Index:21.03, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:1.179565232733%

## Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 54.52kcal (2.73%), Fat: 5.42g (8.34%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 59.32mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin K: 8.42µg (8.01%), Vitamin E: 0.84mg (5.63%), Vitamin C: 2.59mg (3.14%), Vitamin A: 125.39IU (2.51%), Manganese: 0.03mg (1.3%)