



Lemon-Mint Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



17 kcal

SIDE DISH

Ingredients



3 tablespoons mint leaves fresh chopped



1 teaspoon garlic finely minced



2 teaspoons lemon zest grated

Equipment

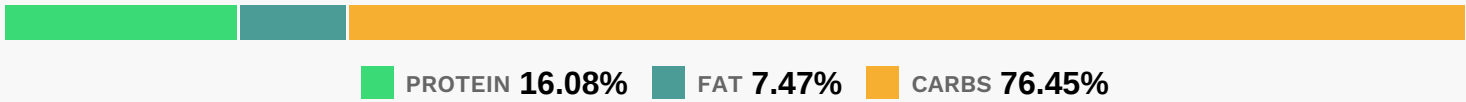


bowl

Directions

☐ Combine all ingredients in a small bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:3.5056521557271%

Flavonoids

Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 16.85kcal (0.84%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 5.4mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 10.87mg (13.17%), Vitamin A: 639.47IU (12.79%), Manganese: 0.23mg (11.33%), Fiber: 1.69g (6.75%), Calcium: 47.24mg (4.72%), Iron: 0.85mg (4.69%), Folate: 17.71µg (4.43%), Magnesium: 13.35mg (3.34%), Vitamin B6: 0.06mg (3.17%), Copper: 0.06mg (3.1%), Potassium: 103.78mg (2.97%), Vitamin B2: 0.05mg (2.73%), Phosphorus: 16.02mg (1.6%), Vitamin B3: 0.29mg (1.46%), Zinc: 0.21mg (1.41%), Vitamin B1: 0.02mg (1.38%)