



Lime Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



679 kcal

SAUCE

Ingredients

- 3 tablespoons juice of lime
- 0.3 cup olive oil extra-virgin
- 1.5 tablespoons parmesan cheese grated

Equipment

- bowl

Directions

In a bowl, mix 1/3 cup extra-virgin olive oil, 3 tablespoons lime juice, and 1 1/2 tablespoons grated parmesan cheese.

Add salt and cracked pepper to taste.

Nutrition Facts

PROTEIN 1.39% **FAT 95.9%** **CARBS 2.71%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.1895652711391%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 679.31kcal (33.97%), Fat: 74.13g (114.05%), Saturated Fat: 11.1g (69.39%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.77g (0.85%), Cholesterol: 6.53mg (2.17%), Sodium: 133.59mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin E: 10.51mg (70.04%), Vitamin K: 43.74µg (41.66%), Vitamin C: 13.5mg (16.36%), Calcium: 73.32mg (7.33%), Phosphorus: 53.85mg (5.39%), Selenium: 2.67µg (3.81%), Iron: 0.48mg (2.65%), Zinc: 0.36mg (2.4%), Vitamin B2: 0.03mg (1.92%), Potassium: 67.17mg (1.92%), Vitamin A: 87.38IU (1.75%), Vitamin B12: 0.1µg (1.69%), Magnesium: 6.22mg (1.56%), Folate: 4.95µg (1.24%), Vitamin B6: 0.02mg (1.16%)