



Mint and Shallot Sauce for Lamb

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

96 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup flat-leaf parsley
- ☐ 1 cup mint leaves loosely packed
- ☐ 1 tablespoon sea salt
- ☐ 3 large shallots coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water
- ☐ 1 cup balsamic vinegar white

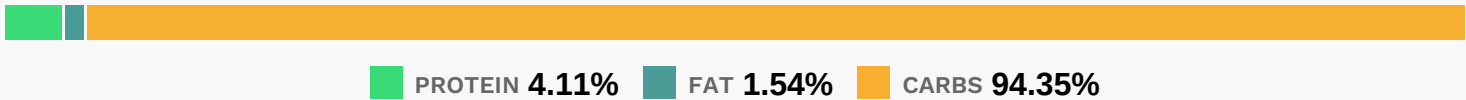
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Heat the vinegar water with sugar in a small pot over medium heat. Bring to a boil, then add salt and stir until the sugar and the salt are dissolved. Reduce the heat to low.
- ☐ Put the shallots, mint and parsley in food processor and pulse to finely chop, then transfer the mixture to a small storage container.
- ☐ Pour the hot brine over the shallot mixture. Cover the container with a lid and refrigerate until ready to serve or let stand at room temperature until ready to serve.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:11.93, Inflammation Score:-6, Nutrition Score:6.9160870896733%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 11.18mg, Apigenin: 11.18mg, Apigenin: 11.18mg, Apigenin: 11.18mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 96.23kcal (4.81%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.67g (7.52%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 1180.24mg (51.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin K: 82.1µg (78.19%), Vitamin A: 740.3IU (14.81%), Vitamin C: 10.03mg (12.16%), Manganese: 0.19mg (9.59%), Iron: 1.16mg (6.46%), Folate: 20.4µg (5.1%), Fiber: 1.16g (4.66%), Potassium: 160.19mg (4.58%), Calcium: 42.65mg (4.26%), Magnesium: 16.45mg (4.11%), Copper: 0.06mg (2.95%), Vitamin B6: 0.06mg (2.86%), Phosphorus: 23.95mg (2.39%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.2%), Vitamin B3: 0.22mg (1.09%)