



Mint Chimichurri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



225 kcal

SAUCE

Ingredients

- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

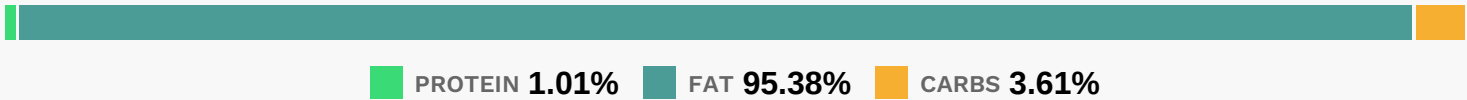
Equipment

☐ bowl

Directions

☐ Combine mint leaves, olive oil, parsley, red wine vinegar, salt, cumin, pepper, and minced garlic in a bowl, and stir well.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:7.9291304220324%

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: 11.2mg, Apigenin: 11.2mg, Apigenin: 11.2mg, Apigenin: 11.2mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 225.22kcal (11.26%), Fat: 24.19g (37.22%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 395.15mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin K: 96.76µg (92.15%), Vitamin E: 3.51mg (23.38%), Vitamin A: 745.03IU (14.9%), Vitamin C: 9.45mg (11.45%), Manganese: 0.15mg (7.66%), Iron: 1.15mg (6.39%), Folate: 16.24µg (4.06%), Fiber: 0.86g (3.45%), Calcium: 32.16mg (3.22%), Magnesium: 10.86mg (2.72%), Potassium: 88.73mg (2.54%), Copper: 0.04mg (2.1%), Vitamin B2: 0.03mg (1.61%), Vitamin B6: 0.03mg (1.43%), Phosphorus: 13.03mg (1.3%), Zinc: 0.17mg (1.15%), Vitamin B3: 0.22mg (1.09%)