



Mint Chimichurri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



406 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons garlic chopped
- ☐ 1 cup mint leaves fresh packed (spearmint)
- ☐ 1 cup parsley leaves fresh italian packed
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 6 tablespoons olive oil extra virgin

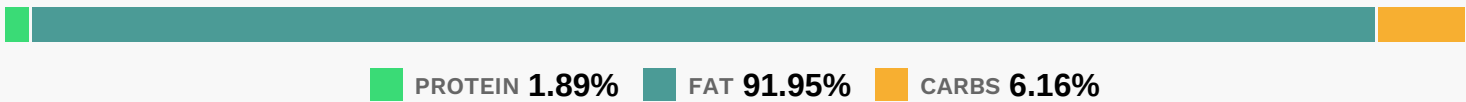
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place garlic in the bowl of a food processor and pulse several times until chopped.
- ☐ Add the mint and parsley leaves and pulse until finely chopped. (Alternatively chop everything finely by hand.)
- ☐ Remove to a medium bowl.
- ☐ Add the vinegar, salt, and red pepper flakes to the mint parsley mixture and stir until the salt has dissolved. Stir in the olive oil.
- ☐ Will keep for several days in the refrigerator. Perfect to serve with lamb or steak!

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:17.523478362871%

Flavonoids

Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 65.89mg, Apigenin: 65.89mg, Apigenin: 65.89mg, Apigenin: 65.89mg Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg, Myricetin: 4.5mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 405.86kcal (20.29%), Fat: 42.5g (65.38%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.3g (0.34%), Cholesterol: 0mg (0%), Sodium: 611.79mg (26.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 517.6µg (492.95%), Vitamin A: 3557.4IU (71.15%), Vitamin C: 48.07mg (58.26%), Vitamin E: 6.37mg (42.47%), Iron: 3.4mg (18.92%), Manganese: 0.38mg (18.77%), Folate: 71.41µg (17.85%), Fiber: 2.94g (11.76%), Calcium: 104.01mg (10.4%), Potassium: 317.52mg (9.07%), Magnesium: 34.74mg (8.68%), Copper: 0.13mg (6.61%), Vitamin B2: 0.09mg (5.58%), Vitamin B6: 0.1mg (4.92%), Zinc: 0.62mg (4.15%), Vitamin B3: 0.83mg (4.13%), Phosphorus: 40.37mg (4.04%), Vitamin B1: 0.05mg (3.39%), Vitamin B5: 0.22mg (2.16%)