



Mint Gremolata



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 cup mint leaves fresh
- ☐ 0.5 cup parsley fresh washed drained
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings pepper freshly ground to taste
- ☐ 4 servings sea salt to taste

☐ 1 cup sourdough bread cubed (crust removed)

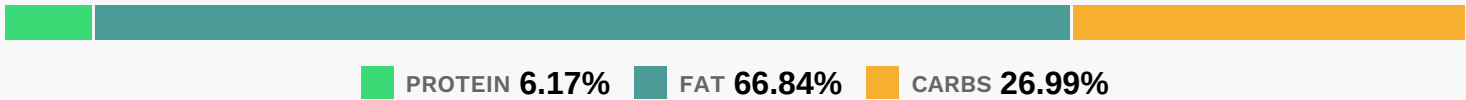
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 7 ingredients in a blender or food processor, and puree 30 seconds to 1 minute or until ingredients are granular, not smooth. (Pulse to avoid over-processing ingredients.) Scrape gremolata into a small bowl. Season with salt and pepper.
- ☐ Serve immediately, or keep refrigerated in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:3.03, Inflammation Score:-7, Nutrition Score:9.5786956548691%

Flavonoids

Eriodictyol: 3.66mg, Eriodictyol: 3.66mg, Eriodictyol: 3.66mg, Eriodictyol: 3.66mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.77mg, Apigenin: 16.77mg, Apigenin: 16.77mg, Apigenin: 16.77mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 95.04kcal (4.75%), Fat: 7.36g (11.32%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 244.1mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin K: 127.45µg (121.38%), Vitamin A: 1110.86IU (22.22%), Vitamin C: 16.12mg (19.54%), Manganese: 0.22mg (10.99%), Folate: 33.71µg (8.43%), Iron: 1.39mg (7.74%), Vitamin E: 1.09mg (7.25%), Fiber: 1.42g (5.69%), Vitamin B1: 0.07mg (4.65%), Calcium: 45.57mg (4.56%), Vitamin B2: 0.07mg (4.12%), Magnesium: 15.84mg (3.96%), Potassium: 125.87mg (3.6%), Copper: 0.07mg (3.29%), Vitamin B3: 0.64mg (3.22%), Selenium: 2.24µg (3.19%), Vitamin B6: 0.05mg (2.51%), Phosphorus: 22.73mg (2.27%), Zinc: 0.3mg (2%),

Vitamin B5: 0.11mg (1.08%)