



Mojo Verde



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cilantro leaves fresh packed ()
- ☐ 6 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sherry vinegar

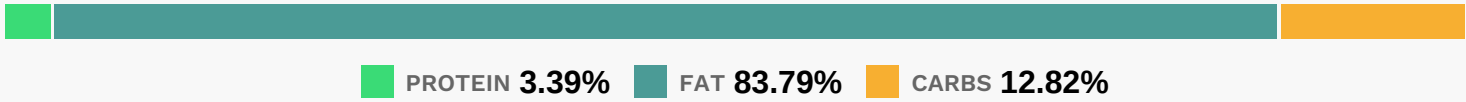
Equipment

- ☐ bowl

Directions

- ☐ Process 6 garlic cloves, 2 cups(packed) fresh cilantro leaves, 1 teaspoonsalt, and 1/2 teaspoon ground cumin in afood processor, occasionally scrapingdown sides of bowl, until a smoothpaste forms. With machine running,drizzle in 1/2 cup extra-virgin olive oiland process until well blended.
- ☐ Add2 teaspoons Sherry vinegar and 1 teaspoon waterand process to blend. Season with salt.
- ☐ Per serving: 60 calories, 7 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:3.3017390966415%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 57.69kcal (2.88%), Fat: 5.52g (8.49%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 586.54mg (25.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 28.14µg (26.8%), Vitamin A: 543.42IU (10.87%), Vitamin E: 0.99mg (6.6%), Manganese: 0.12mg (6.02%), Vitamin C: 3.6mg (4.36%), Vitamin B6: 0.07mg (3.44%), Iron: 0.43mg (2.39%), Potassium: 65.34mg (1.87%), Copper: 0.03mg (1.72%), Calcium: 16.4mg (1.64%), Fiber: 0.34g (1.38%), Folate: 5.12µg (1.28%), Phosphorus: 12.17mg (1.22%), Vitamin B2: 0.02mg (1.1%), Magnesium: 4.24mg (1.06%), Vitamin B1: 0.02mg (1.06%), Selenium: 0.73µg (1.04%)