



Molho Cru (Portuguese Pickle)

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

19 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 tablespoons cilantro leaves fresh minced
- ☐ 3 tablespoons parsley fresh minced
- ☐ 1.3 cups onion diced
- ☐ 0.3 teaspoon saffron threads
- ☐ 0.8 cup water

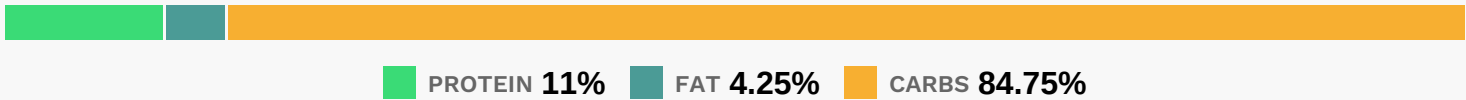
Equipment

☐ bowl

Directions

☐ Combine first 6 ingredients in a bowl; cover and chill at least 24 hours. Stir in parsley and cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:3.1113044243792%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 19.37kcal (0.97%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 7.76mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin K: 33.83µg (32.22%), Manganese: 0.13mg (6.61%), Vitamin C: 5.16mg (6.25%), Vitamin A: 226.7IU (4.53%), Fiber: 0.76g (3.03%), Folate: 9.53µg (2.38%), Potassium: 81.45mg (2.33%), Vitamin B6: 0.05mg (2.31%), Iron: 0.29mg (1.61%), Magnesium: 6.34mg (1.58%), Calcium: 14.44mg (1.44%), Copper: 0.03mg (1.38%), Phosphorus: 13.37mg (1.34%), Vitamin B1: 0.02mg (1.19%)