



Orange Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



2 kcal

SIDE DISH

Ingredients

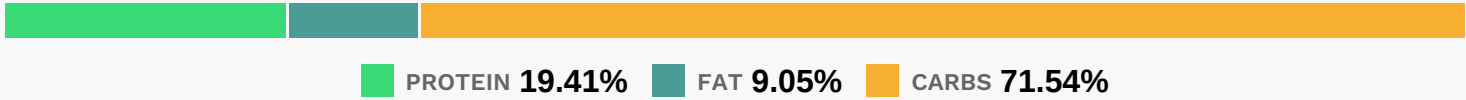
- ☐ 0.5 cup flat-leaf parsley fresh minced
- ☐ 2 teaspoons garlic fresh minced
- ☐ 2 teaspoons orange rind grated
- ☐ 1 pinch pepper
- ☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ Serve immediately, or cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.8547826513%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 2.39kcal (0.12%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.03%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 30.86mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Vitamin K: 49.23µg (46.88%), Vitamin C: 4.72mg (5.72%), Vitamin A: 254.51IU (5.09%), Folate: 4.7µg (1.17%), Iron: 0.2mg (1.11%)