

Our Favorite Chimichurri

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



65 kcal

SAUCE

Ingredients

- 1 cup cilantro leaves fresh
- 1 cup parsley leaves fresh
- 3 large cloves garlic
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 tsp juice of lemon fresh

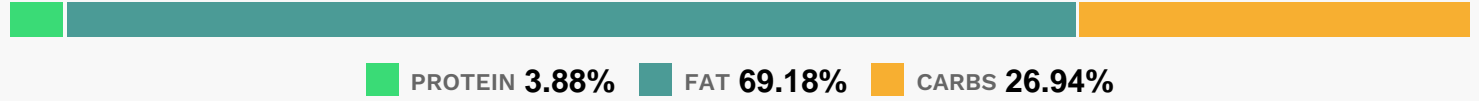
Equipment

- blender

Directions

Blend ingredients in blender until smooth.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:8.1678260176078%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 64.58kcal (3.23%), Fat: 5.08g (7.82%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.74g (3.04%), Cholesterol: 0mg (0%), Sodium: 241.87mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 219.91µg (209.44%), Vitamin A: 1235.56IU (24.71%), Vitamin C: 18.25mg (22.13%), Folate: 20.68µg (5.17%), Iron: 0.89mg (4.97%), Vitamin E: 0.69mg (4.59%), Manganese: 0.07mg (3.52%), Potassium: 112.17mg (3.2%), Vitamin B6: 0.05mg (2.69%), Calcium: 25.14mg (2.51%), Magnesium: 8.58mg (2.14%), Fiber: 0.53g (2.12%), Copper: 0.04mg (1.76%), Phosphorus: 14.94mg (1.49%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.18mg (1.22%), Vitamin B3: 0.24mg (1.19%), Vitamin B2: 0.02mg (1.13%), Selenium: 0.77µg (1.1%)