



 **58%**
HEALTH SCORE

Parsley-Lemon Gremolata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



400 kcal

SIDE DISH

Ingredients

- 1 clove garlic peeled
- 2 teaspoons lemon zest grated
- 3 tablespoons olive oil
- 1 cup regular parsley italian coarsely chopped
- 0.3 teaspoon pepper
- 1 serving salt

Equipment

- food processor

bowl

knife

Directions

In a food processor, whirl parsley, olive oil, lemon peel, garlic, and pepper until finely chopped. (Or with a knife, mince parsley and garlic and put in a bowl; mix with oil, lemon peel, and pepper.)

Add salt to taste.

Nutrition Facts

 **PROTEIN 2.01%**  **FAT 92.43%**  **CARBS 5.56%**

Properties

Glycemic Index:94, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:20.549999879754%

Flavonoids

Apigenin: 129.31mg, Apigenin: 129.31mg, Apigenin: 129.31mg, Apigenin: 129.31mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 8.95mg, Myricetin: 8.95mg, Myricetin: 8.95mg, Myricetin: 8.95mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 400.48kcal (20.02%), Fat: 42.52g (65.41%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 229.08mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin K: 1010.15µg (962.05%), Vitamin C: 85.9mg (104.12%), Vitamin A: 5059.4IU (101.19%), Vitamin E: 6.52mg (43.44%), Folate: 91.89µg (22.97%), Iron: 4.09mg (22.71%), Manganese: 0.21mg (10.52%), Fiber: 2.59g (10.37%), Potassium: 357.93mg (10.23%), Calcium: 96.35mg (9.63%), Magnesium: 32.21mg (8.05%), Copper: 0.11mg (5.44%), Vitamin B6: 0.1mg (4.98%), Zinc: 0.69mg (4.62%), Vitamin B3: 0.83mg (4.14%), Phosphorus: 40.66mg (4.07%), Vitamin B1: 0.06mg (4.04%), Vitamin B2: 0.07mg (3.89%), Vitamin B5: 0.28mg (2.78%)