



## Parsley-Mint Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup olive oil extra virgin
- 1 cup flat-leaf parsley fresh chopped
- 0.8 cup mint leaves fresh chopped
- 2 garlic cloves finely chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup shallots finely chopped
- 0.3 cup sherry vinegar

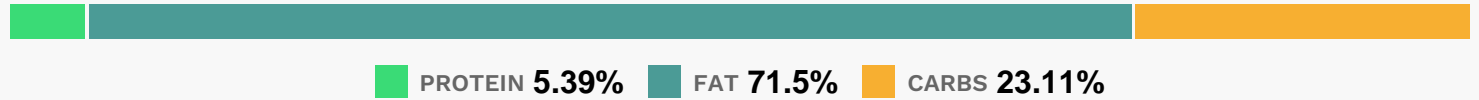
# Equipment

whisk

# Directions

- Whisk together first 6 ingredients and 2 Tbsp. water until salt dissolves.
- Whisk in parsley and mint.
- Let stand 20 minutes.
- Brought to the table by Elizabeth Winslow, cofounder of Farmhouse Delivery (farmhousedelivery.com).

# Nutrition Facts



# Properties

Glycemic Index:8.27, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:4.4513043903786%

# Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg, Apigenin: 8.75mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 24.6kcal (1.23%), Fat: 1.98g (3.05%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 158.99mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin K: 66.9µg (63.72%), Vitamin A: 433.1IU (8.66%), Vitamin C: 6.5mg (7.88%), Manganese: 0.06mg (3.12%), Iron: 0.46mg (2.55%), Folate: 10.01µg (2.5%), Vitamin E: 0.31mg (2.06%), Fiber: 0.46g (1.85%), Potassium: 52.75mg (1.51%), Calcium: 13.9mg (1.39%), Magnesium: 5.06mg (1.26%), Vitamin B6: 0.03mg (1.26%)