



Pebre



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 2 cups cilantro leaves fresh (1 bunch)
- ☐ 2 cups parsley leaves fresh (1 bunch)
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup onion chopped
- ☐ 1 teaspoon pepper sauce red hot crushed

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water

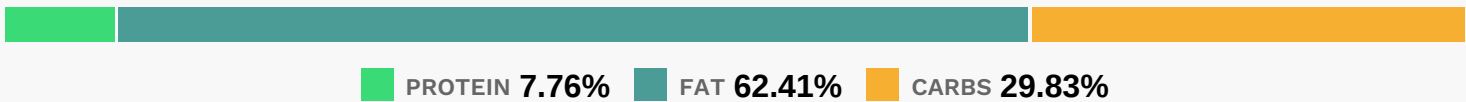
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a food processor; pulse until minced, scraping sides occasionally.
- ☐ Place herb mixture in a bowl; cover and refrigerate 1 hour. Stir in oil before serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:9.1482608072136%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 37.92kcal (1.9%), Fat: 2.83g (4.35%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 233.53mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin K: 260.42µg (248.02%), Vitamin A: 1608.47IU (32.17%), Vitamin C: 23.1mg (28%), Folate: 28.61µg (7.15%), Iron: 1.11mg (6.18%), Vitamin E: 0.69mg (4.62%), Manganese: 0.09mg (4.3%), Fiber: 0.99g (3.94%), Potassium: 136.56mg (3.9%), Calcium: 29.78mg (2.98%), Magnesium: 10.9mg (2.72%), Vitamin B6: 0.05mg (2.65%), Copper: 0.04mg (2.22%), Phosphorus: 17.12mg (1.71%), Vitamin B2: 0.03mg (1.69%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.47%), Vitamin B5: 0.11mg (1.11%)