



Pebre (Chilean Cilantro Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



18 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 4 garlic clove minced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion minced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red minced

- ☐ 1 teaspoon salt
- ☐ 0.7 cup vegetable stock canned
- ☐ 0.3 cup vinegar white

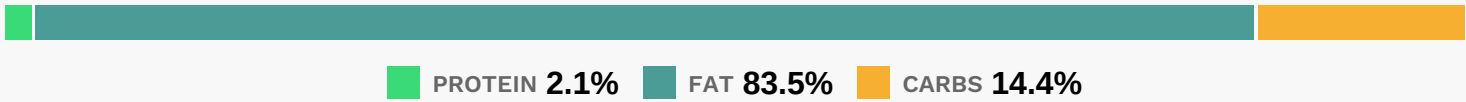
Equipment

- ☐ whisk

Directions

- ☐ Combine all ingredients, stirring with a whisk until well-blended.
- ☐ Note: Store remaining sauce in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:0.73956521697666%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 18.16kcal (0.91%), Fat: 1.71g (2.64%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 93.75mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin C: 3.35mg (4.06%), Vitamin A: 120.04IU (2.4%), Vitamin K: 2.43µg (2.31%), Vitamin E: 0.32mg (2.15%), Manganese: 0.02mg (1.13%)