



Pebre Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



262 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 jalapeño peppers minced seeded
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons citrus champagne vinegar

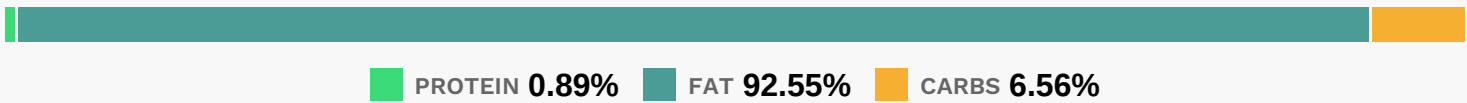
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a bowl. Cover and let stand 30 minutes; drain.
- ☐ Add the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:10.666956488205%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 262.43kcal (13.12%), Fat: 27.48g (42.28%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 3493.68mg (151.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin K: 128.52µg (122.4%), Vitamin C: 52.29mg (63.39%), Vitamin E: 3.32mg (22.16%), Vitamin A: 798.21IU (15.96%), Vitamin B6: 0.14mg (6.98%), Folate: 23.14µg (5.78%), Fiber: 1.09g (4.37%), Potassium: 143.47mg (4.1%), Manganese: 0.07mg (3.47%), Iron: 0.53mg (2.97%), Magnesium: 10.38mg (2.6%), Vitamin B3: 0.46mg (2.31%), Vitamin B2: 0.03mg (1.89%), Calcium: 17.25mg (1.72%), Copper: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.64%), Phosphorus: 15.77mg (1.58%), Vitamin B5: 0.16mg (1.56%)