

Pecan Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.3 teaspoon salt

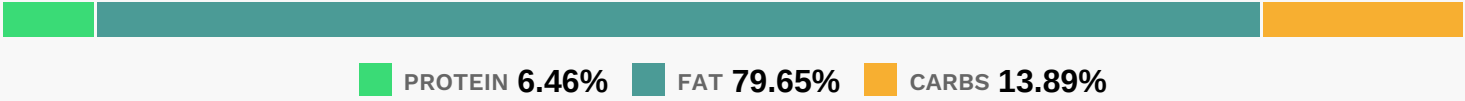
Equipment

- ☐ bowl

Directions

☐ Stir together parsley, pecans, lemon zest, garlic, and salt in a small bowl.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:8.3708695743395%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.65kcal (3.13%), Fat: 6.01g (9.25%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 149.89mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin K: 123.31µg (117.44%), Manganese: 0.41mg (20.44%), Vitamin C: 12.47mg (15.11%), Vitamin A: 637.3IU (12.75%), Copper: 0.12mg (5.81%), Fiber: 1.23g (4.92%), Vitamin B1: 0.06mg (4.32%), Iron: 0.71mg (3.96%), Magnesium: 14.34mg (3.58%), Folate: 13.45µg (3.36%), Zinc: 0.48mg (3.17%), Phosphorus: 29.68mg (2.97%), Potassium: 83.82mg (2.39%), Vitamin B6: 0.05mg (2.26%), Calcium: 20.94mg (2.09%), Vitamin B2: 0.02mg (1.23%), Vitamin E: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.15%), Vitamin B3: 0.21mg (1.06%)