



Peruvian Aji-Style Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



52 kcal

SAUCE

Ingredients

- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 1 clove garlic
- ☐ 5 green onions
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 2 jalapeño peppers seeded
- ☐ 0.3 cup mayonnaise
- ☐ 1 head romaine lettuce trimmed

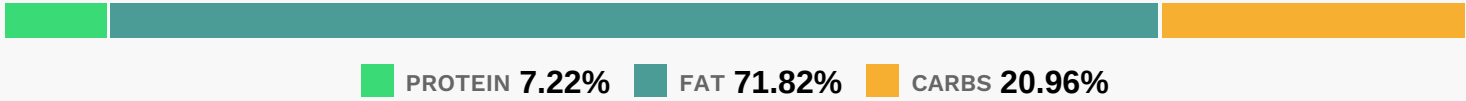
Equipment

blender

Directions

Place romaine lettuce, cilantro, green onions, mayonnaise, jalapeno peppers, garlic, salt, and black pepper into a blender; blend until smooth, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:11.468260915059%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 52.24kcal (2.61%), Fat: 4.41g (6.78%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 1.3g (0.47%), Sugar: 1.04g (1.15%), Cholesterol: 2.35mg (0.78%), Sodium: 41.87mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin A: 5573.67IU (111.47%), Vitamin K: 87.64µg (83.47%), Folate: 90.29µg (22.57%), Vitamin C: 7.15mg (8.67%), Manganese: 0.13mg (6.46%), Fiber: 1.59g (6.37%), Potassium: 183.86mg (5.25%), Iron: 0.74mg (4.09%), Vitamin B1: 0.05mg (3.4%), Vitamin B6: 0.07mg (3.34%), Vitamin B2: 0.05mg (3%), Vitamin E: 0.41mg (2.73%), Magnesium: 10.79mg (2.7%), Calcium: 27.02mg (2.7%), Phosphorus: 23.71mg (2.37%), Copper: 0.04mg (2.03%), Vitamin B3: 0.27mg (1.35%), Zinc: 0.19mg (1.24%), Vitamin B5: 0.12mg (1.17%)