



WHATSheATE



Pineapple Chimichurri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



67 kcal

SAUCE

Ingredients



0.5 cup olive oil extra virgin



0.8 cup flat-leaf parsley leaves fresh italian



0.5 cup cilantro leaves fresh



4 garlic cloves coarsely chopped



0.8 teaspoon coarsely ground pepper black



0.5 pineapple cored peeled coarsely chopped



0.3 cup red wine vinegar



0.8 teaspoon salt

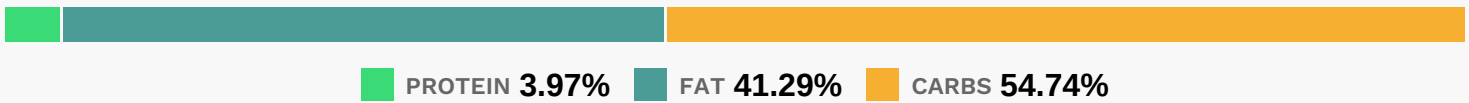
Equipment

☐ food processor

Directions

- ☐ Combine first 7 ingredients in a food processor; process 30 seconds or until finely chopped.
- ☐ Add pineapple; pulse until finely chopped.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:10.680869635033%

Flavonoids

Apigenin: 13.86mg, Apigenin: 13.86mg, Apigenin: 13.86mg, Apigenin: 13.86mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 67.43kcal (3.37%), Fat: 3.24g (4.98%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 8.41g (3.06%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 255.24mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 111.66µg (106.34%), Vitamin C: 40.35mg (48.91%), Manganese: 0.68mg (33.81%), Vitamin A: 657.48IU (13.15%), Folate: 22.2µg (5.55%), Vitamin B6: 0.1mg (5.09%), Fiber: 1.24g (4.96%), Copper: 0.09mg (4.63%), Vitamin B1: 0.06mg (4.07%), Iron: 0.73mg (4.04%), Potassium: 126.27mg (3.61%), Vitamin E: 0.54mg (3.58%), Magnesium: 12.53mg (3.13%), Calcium: 22.96mg (2.3%), Vitamin B3: 0.43mg (2.17%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.18mg (1.83%), Phosphorus: 13.32mg (1.33%), Zinc: 0.18mg (1.19%)