



Salmoriglio Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 Dash pepper black freshly ground
- ☐ 1.5 teaspoons or dried fresh chopped
- ☐ 1.5 teaspoons or dried fresh chopped

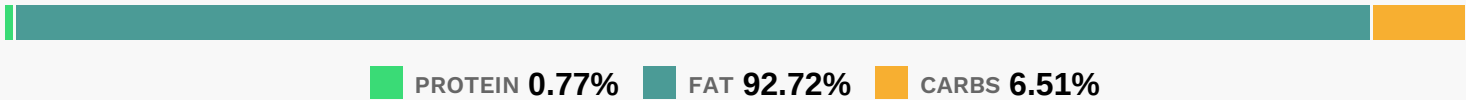
Equipment

☐ whisk

Directions

☐ Combine all ingredients, stirring well with a whisk.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.99347824749091%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 66.06kcal (3.3%), Fat: 7.03g (10.81%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 1g (0.36%), Sugar: 0.22g (0.25%), Cholesterol: 0mg (0%), Sodium: 581.88mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin E: 1.02mg (6.81%), Vitamin C: 4.02mg (4.87%), Vitamin K: 4.28µg (4.08%), Manganese: 0.03mg (1.53%), Vitamin B6: 0.02mg (1.15%)