



Salsa di Parmigiano

 Gluten Free

READY IN



255 min.

SERVINGS



10

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound asiago cheese dry
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons green onion chopped
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 pound parmesan dry
- ☐ 1 teaspoon pepper flakes red

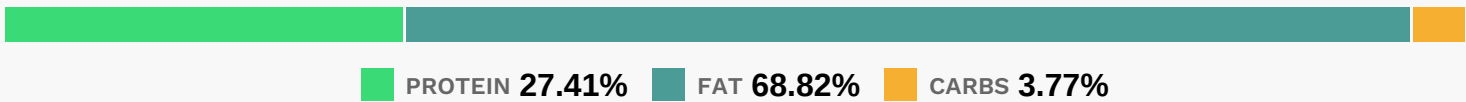
Equipment

☐ food processor

Directions

- ☐ Remove any rind from the cheeses and chop the cheeses into rough 1-inch chunks.
- ☐ Place the cheese in a food processor with the garlic, oregano, and red pepper flakes and pulse until reduced to the size of fine pea gravel. Stir in the green onion, olive oil and black pepper and pulse again. Cover and let stand at room temperature for at least 4 hours before using.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:7.9078261593114%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 238.5kcal (11.92%), Fat: 18.25g (28.08%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.43g (0.48%), Cholesterol: 30.84mg (10.28%), Sodium: 730.5mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.72%), Calcium: 547mg (54.7%), Phosphorus: 317.66mg (31.77%), Selenium: 10.37µg (14.81%), Vitamin K: 10.19µg (9.71%), Vitamin B2: 0.16mg (9.21%), Vitamin B12: 0.54µg (9.07%), Vitamin A: 433.47IU (8.67%), Zinc: 1.28mg (8.54%), Vitamin E: 1.19mg (7.94%), Magnesium: 22.07mg (5.52%), Iron: 0.64mg (3.54%), Manganese: 0.07mg (3.49%), Vitamin B6: 0.06mg (2.92%), Vitamin B5: 0.22mg (2.18%), Potassium: 59.11mg (1.69%), Vitamin D: 0.23µg (1.51%), Vitamin B1: 0.02mg (1.4%), Fiber: 0.33g (1.34%), Folate: 5µg (1.25%), Copper: 0.02mg (1.22%)