



## Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon basil coarsely chopped
- ☐ 2 small pickled cucumbers / gherkins
- ☐ 0.5 cup flat parsley coarsely chopped
- ☐ 2 garlic clove coarsely chopped
- ☐ 1 hardboiled eggs
- ☐ 1 tablespoon red wine vinegar fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 12 servings pepper black freshly ground

☐ 6 ounces walnuts shelled

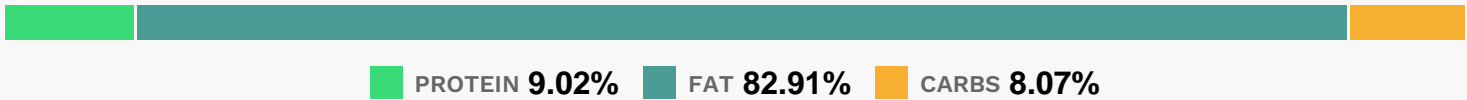
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen towels

## Directions

- ☐ First toast the walnuts. Set the oven at 350 degrees.
- ☐ Spread the walnuts in a single layer on a sheet pan. When the oven is hot, transfer the pan to the oven and toast the walnuts for 5 to 10 minutes, being careful not to burn the nuts.
- ☐ Remove from the oven and toss the walnuts in a clean dry kitchen towel, rubbing the nuts to release as much of their bitter tannic skins as you can. (The skins won't disappear entirely, and you don't want them to do so because a little of that bitter tannin is good in the sauce.)
- ☐ Transfer the nuts to a food processor.
- ☐ Add the parsley, basil, garlic, and cornichons. Turn the machine on and add the egg yolk. Continue processing, adding the olive oil in a slow stream, until the sauce is very smooth.
- ☐ Add the vinegar and process to mix well. Taste for seasoning, adding salt, pepper, and more vinegar if necessary.
- ☐ Nancy Harmon Jenkins is a food writer with a passionate interest in Mediterranean cultures and cuisines, sustainable agriculture, and farm-to-market connections. Author of half a dozen highly acclaimed cookbooks, she writes for the New York Times, Saveur, and Food & Wine, and divides her time between her farmhouse outside of Cortona, Italy, and the coast of Maine.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:6.3252174180487%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 117.92kcal (5.9%), Fat: 11.52g (17.73%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.51g (0.57%), Cholesterol: 15.54mg (5.18%), Sodium: 81.59mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin K: 46.24µg (44.04%), Manganese: 0.51mg (25.66%), Copper: 0.24mg (11.92%), Magnesium: 24.76mg (6.19%), Phosphorus: 59.64mg (5.96%), Vitamin A: 256.26IU (5.13%), Folate: 19.73µg (4.93%), Fiber: 1.14g (4.58%), Vitamin C: 3.76mg (4.56%), Vitamin B6: 0.09mg (4.54%), Iron: 0.68mg (3.78%), Vitamin B1: 0.05mg (3.63%), Zinc: 0.52mg (3.46%), Selenium: 2.06µg (2.94%), Vitamin E: 0.43mg (2.86%), Vitamin B2: 0.05mg (2.74%), Potassium: 87.36mg (2.5%), Calcium: 21.16mg (2.12%), Vitamin B5: 0.16mg (1.56%)