

Salsa Verde

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs dried fine
- ☐ 6 tablespoons brined capers divided rinsed drained
- ☐ 2.3 cups flat-leaf parsley leaves packed roughly chopped
- ☐ 2 garlic cloves
- ☐ 3 yolks from hard-cooked eggs
- ☐ 1 cup olive oil extra-virgin
- ☐ 6 tablespoons red wine vinegar
- ☐ 9 fillet salt-packed anchovy rinsed

☐ 1 tablespoon tomato paste canned

Equipment

☐ food processor

☐ bowl

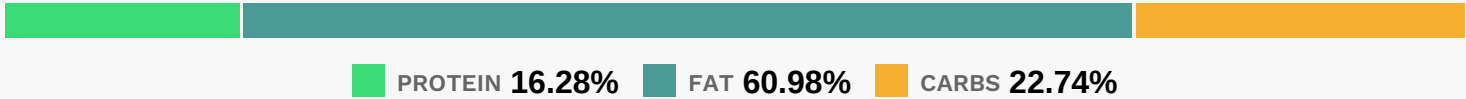
☐ plastic wrap

☐ mortar and pestle

Directions

- ☐ Stir bread crumbs and vinegar together in a small bowl and let sit 5 minutes.
- ☐ Pound anchovies, garlic, and 4 tbsp. capers into a paste in a mortar.
- ☐ Add egg yolks and tomato paste, then parsley, and pound to mix. Pound in bread crumbs. Stir in enough oil to make a thick sauce. If using a food processor, whirl soaked bread crumbs with anchovies, garlic, 4 tbsp. capers, the yolks, tomato paste, and parsley; then drizzle in the oil.
- ☐ Turn into a bowl and top with remaining 2 tbsp. capers.
- ☐ Make ahead: Up to 1 week, chilled, with plastic wrap pressed against surface.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:3.8930434662363%

Flavonoids

Apigenin: 7.28mg, Apigenin: 7.28mg, Apigenin: 7.28mg, Apigenin: 7.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 24.13kcal (1.21%), Fat: 1.63g (2.51%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.18g (0.2%), Cholesterol: 14.53mg (4.84%), Sodium: 51.3mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 56.42µg (53.73%), Vitamin A: 306.72IU (6.13%), Vitamin C: 4.63mg (5.62%), Selenium: 1.87µg (2.66%), Iron: 0.39mg (2.18%), Folate: 8.63µg (2.16%), Vitamin B2:

0.03mg (1.9%), Vitamin E: 0.24mg (1.61%), Vitamin B3: 0.28mg (1.38%), Vitamin B1: 0.02mg (1.31%), Phosphorus: 12.85mg (1.28%), Manganese: 0.02mg (1.23%), Calcium: 11.35mg (1.13%)