



## Sofrito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 banana peppers sweet green halved seeded
- 6 recajo leaves
- 6 chili peppers sweet halved seeded
- 0.5 cup cilantro leaves fresh loosely packed
- 6 cloves garlic peeled
- 0.5 tsp oregano leaves dried
- 1 onion yellow cut into chunks

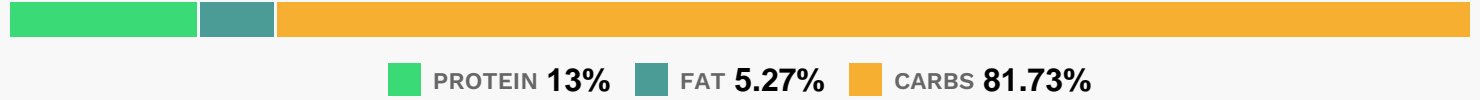
## Equipment

food processor

## Directions

Process ingredients in food processor until smooth.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.74086956615033%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 5.75kcal (0.29%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 2.11mg (2.55%), Vitamin K: 2.27µg (2.16%), Manganese: 0.04mg (1.92%), Vitamin A: 91.17IU (1.82%), Vitamin B6: 0.03mg (1.51%), Fiber: 0.28g (1.14%)