



Sofrito

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 banana peppers sweet green halved seeded
- 6 recaon 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

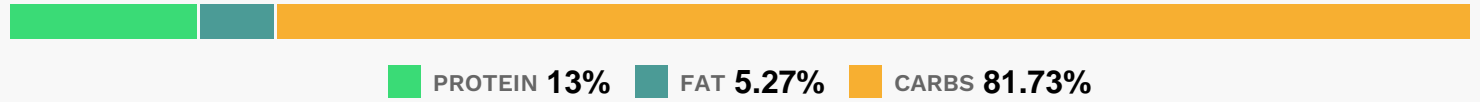
Equipment

food processor

Directions

Process ingredients in food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.79000000072562%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg 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: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 6.14kcal (0.31%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin C: 2.25mg (2.72%), Vitamin K: 2.42µg (2.3%), Manganese: 0.04mg (2.05%), Vitamin A: 97.25IU (1.94%), Vitamin B6: 0.03mg (1.61%), Fiber: 0.3g (1.21%)