



Warm Cilantro Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apple cider vinegar
- 1 cup cilantro leaves fresh chopped
- 4 garlic clove minced
- 1 tablespoon juice of lime fresh
- 0.8 cup olive oil
- 0.5 teaspoon hot sauce hot

Equipment

- food processor

- bowl
- frying pan
- whisk

Directions

- Blend first 4 ingredients in food processor until cilantro is finely chopped, about 15 seconds.
- Transfer mixture to medium heatproof bowl.
- Heat oil in medium skillet over medium heat until hot; slowly whisk into cilantro mixture.
- Mix in hot sauce. Season sauce to taste with salt and pepper; transfer to small bowl.
- Serve with plantain chips. (Dip can be made 2 hours ahead.
- Let stand at room temperature.)

Nutrition Facts

PROTEIN 1.46% **FAT 90.92%** **CARBS 7.62%**

Properties

Glycemic Index:20.4, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.7978260620781%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 63.65kcal (3.18%), Fat: 6.51g (10.02%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 12.94mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin K: 13.89µg (13.23%), Vitamin E: 1.02mg (6.81%), Vitamin A: 218.3IU (4.37%), Manganese: 0.07mg (3.47%), Vitamin C: 2.81mg (3.41%), Vitamin B6: 0.04mg (1.81%)