



Zingy Chimichurri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



34 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup oregano fresh chopped
- ☐ 1.5 cups onion red finely chopped
- ☐ 0.5 cup red wine vinegar

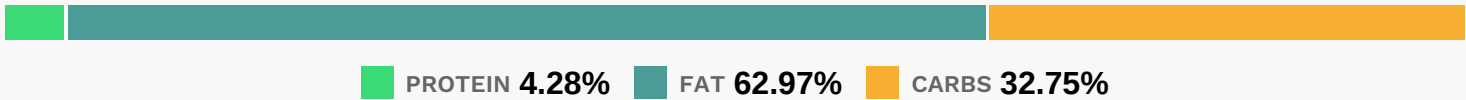
Equipment

☐ bowl

Directions

☐ Combine onion, vinegar, oregano, olive oil, red pepper, kosher salt, and minced garlic in a small bowl; let stand 30 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:1.7482608673365%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 34.41kcal (1.72%), Fat: 2.42g (3.73%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2g (0.73%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 101.65mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin K: 8.2µg (7.81%), Manganese: 0.09mg (4.61%), Vitamin E: 0.59mg (3.93%), Fiber: 0.84g (3.35%), Iron: 0.51mg (2.82%), Calcium: 22.77mg (2.28%), Vitamin B6: 0.04mg (2.21%), Vitamin C: 1.74mg (2.11%), Folate: 6.29µg (1.57%), Potassium: 51.5mg (1.47%), Vitamin A: 73.62IU (1.47%), Magnesium: 5.5mg (1.38%)