



## Chimichurri Sauce

<b>U.S.</b>		<b>Metric</b>
1/2 cup	Italian Parsley, fresh	30 g
1/2 cup	Cilantro, fresh	30 g
1/2 cup	Olive Oil	119 mL
2 oz	Sherry Vinegar	57 mL
4 clove	Garlic, peeled	4 clove
1/2 tsp	Red Pepper Flakes	0.5 g
1/2 tsp	Cumin	1.5 g
1/2 tsp	Salt, kosher	2.5 g
To taste	Black Pepper, ground	To taste

### Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a food processor or blender, and blend until smooth.

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### Nutrition Facts

<b>Serving size</b>	<b>2 Tbsp</b>
<b>Servings</b>	<b>16</b>
<b>Calories</b>	60
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	75 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A	4 %
Calcium	4 %
Vitamin C	0 %
Iron	4 %
Phosphorus	3 mg

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