

Iblzan Parsley Sauce (Salsa de Juvert)

Juan Castello Guasch - Bon Profitt
The Good Cook Sauces - Time-Life Books

Yield: 2 cups
2 cups fresh parsley leaves
2 cloves garlic
salt
cayenne pepper
3 tablespoons fresh lemon juice
1/2 cup oil

In a mortar, pound the parsley, garlic, a pinch of salt and a little cayenne pepper to a paste.

Gradually add the lemon juice and oil, beating the mixture well.

This sauce is especially good with poached or grilled fish.

Per Serving (excluding unknown items): 1061 Calories; 118g Fat (97.6% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 23 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1061	Vitamin B6 (mg):	.1mg
% Calories from Fat:	97.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	118g	Folacin (mcg):	6mcg
Saturated Fat (g):	14g	Niacin (mg):	trace
Monounsaturated Fat (g):	70g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	25g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	1/2
Potassium (mg):	81mg	Fruit:	1/2
Calcium (mg):	14mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	23 1/2
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 23mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Nutrition Facts

Amount Per Serving

Calories	1061	Calories from Fat: 1036
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% Daily Values*

Total Fat	118g	181%
Saturated Fat	14g	68%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	0%
Vitamin C	38%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.