

# Italian Salsa Verde

50 Burger Toppings  
Food Network Magazine

1 cup fresh parsley  
1 cup fresh basil  
1 tablespoon capers  
2 anchovies  
2 cloves garlic  
1/2 teaspoon sugar  
1/2 teaspoon red pepper flakes  
1/2 teaspoon lemon zest  
1/2 teaspoon Dijon mustard  
pinch salt  
1/2 cup olive oil

In a food processor, pulse the parsley, basil, capers, anchovies, garlic, sugar, red pepper flakes, lemon zest, Dijon mustard and salt.

Slowly pulse in the olive oil.

Can be used as a hamburger topping.

Per Serving (excluding unknown items): 1025 Calories; 110g Fat (94.0% calories from fat); 6g Protein; 10g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 439mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 21 1/2 Fat; 0 Other Carbohydrates.

Salsa

## Per Serving Nutritional Analysis

|                                |       |                       |        |
|--------------------------------|-------|-----------------------|--------|
| Calories (kcal):               | 1025  | Vitamin B6 (mg):      | .1mg   |
| % Calories from Fat:           | 94.0% | Vitamin B12 (mcg):    | .1mcg  |
| % Calories from Carbohydrates: | 3.8%  | Thiamin B1 (mg):      | .1mg   |
| % Calories from Protein:       | 2.2%  | Riboflavin B2 (mg):   | .1mg   |
| Total Fat (g):                 | 110g  | Folacin (mcg):        | 120mcg |
| Saturated Fat (g):             | 15g   | Niacin (mg):          | 3mg    |
| Monounsaturated Fat (g):       | 80g   | Caffeine (mg):        | 0mg    |
| Polyunsaturated Fat (g):       | 10g   | Alcohol (kcal):       | 0      |
| Cholesterol (mg):              | 7mg   | % Refuse:             | 0.0%   |
| Carbohydrate (g):              | 10g   | <b>Food Exchanges</b> |        |
| Dietary Fiber (g):             | 4g    | Grain (Starch):       | 0      |
| Protein (g):                   | 6g    | Lean Meat:            | 1/2    |
| Sodium (mg):                   | 439mg | Vegetable:            | 1 1/2  |

**Potassium (mg):** 605mg  
**Calcium (mg):** 181mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 92mg  
**Vitamin A (i.u.):** 4816IU  
**Vitamin A (r.e.):** 482 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 21 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1025      **Calories from Fat:** 964

### % Daily Values\*

|                            |       |      |
|----------------------------|-------|------|
| <b>Total Fat</b>           | 110g  | 169% |
| Saturated Fat              | 15g   | 74%  |
| <b>Cholesterol</b>         | 7mg   | 2%   |
| <b>Sodium</b>              | 439mg | 18%  |
| <b>Total Carbohydrates</b> | 10g   | 3%   |
| Dietary Fiber              | 4g    | 16%  |
| <b>Protein</b>             | 6g    |      |
| <b>Vitamin A</b>           |       | 96%  |
| <b>Vitamin C</b>           |       | 153% |
| <b>Calcium</b>             |       | 18%  |
| <b>Iron</b>                |       | 33%  |

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