

5-Minute Italian Salsa Verde

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 2 tbsp/ 30 ml): Total carbs: 0.7 g, Fiber: 0.2 g,

Net carbs: 0.4 g, Protein: 0.4 g, Fat: 10.9 g, Calories: 101 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes about 1 cup)

- 1 bunch basil leaves (about 25 g/ 0.9 oz)
- 1 bunch flat-leaf (Italian) parsley (20 g/ 0.7 oz)
- 2 anchovy fillets (8 g/ 0.3 oz)
- 2 tbsp capers (17 g/ 0.6 oz)
- 1 large garlic clove, crushed
- 3 tbsp apple cider vinegar (45 ml)
- 2 tbsp fresh lemon juice (30 ml)
- 1 tsp grated lemon zest
- 1/2 cup [extra virgin olive oil](#) (120 ml/ 4 fl oz)
- salt and pepper, to taste

Instructions

1. Roughly tear the leaves off the basil and parsley stems. It doesn't matter if you get a few stems in as well, they will all blend up.
2. Add the herb leaves to a high-powered blender with the remaining ingredients and blend at medium speed until all of the ingredients are combined, about 15 – 20 seconds.
3. Taste, and add salt and pepper if required.
4. Store sealed in the fridge for up to a week.

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