

How to Make Quick & Easy Gremolata

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 tbsp, 15 g/ 0.5 oz): Total carbs: 0.6 g, Fiber: 0.2 g,

Net carbs: 0.4 g, Protein: 0.2 g, Fat: 6.8 g, Calories: 63 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes about 1 cup/ 240 ml)

large bunch of fresh parsley, about 1 cup chopped (60 g/ 2.1 oz)

3-4 garlic cloves, minced

2 tbsp fine lemon zest, organic (12 g/ 0.4 oz)

1 tbsp fresh lemon juice (15 ml)

1/2 cup extra virgin olive oil (120 ml/ 4 fl oz)

1/2 tsp sea salt, or to taste

1/4 tsp black pepper, or to taste

Instructions

1. Roughly chop the parsley. I also include the stalks but you can use just the leaves if you prefer to. Peel and mince the garlic. I prefer to mince the garlic before placing in the food processor to avoid large leftover garlic pieces in my gremolata.
2. Place all the ingredients into a food processor: chopped parsley, minced garlic, lemon zest, lemon juice, olive oil, salt and pepper. Process for a few seconds until smooth or chunky (I like to keep mine chunky). *If you don't have a food processor, you can chop all the ingredients with a knife.*
3. Serve over any meat, fish or mixed in cauli-rice for an extra boost of flavour. Store in a jar in the refrigerator for up to one week, or freeze in ice cube trays to add to dishes.

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