



## Artichoke Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 28 ounce artichoke hearts rinsed drained quartered canned
- 0.3 cup parsley fresh finely chopped
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind fresh grated
- 1 tablespoon olive oil
- 0.5 cup parmigiano-reggiano cheese fresh grated
- 0.3 teaspoon salt

## Equipment

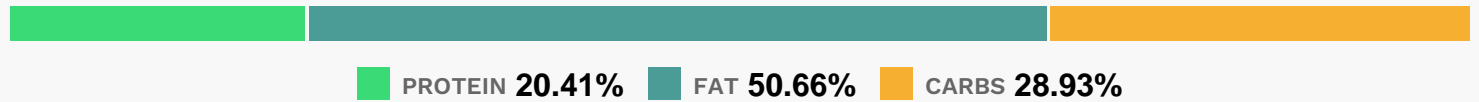
food processor

## Directions

Place artichokes in a food processor; pulse 5 times or until finely chopped.

Add cheese and remaining ingredients; pulse to combine.

## Nutrition Facts



## Properties

Glycemic Index:3.69, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5530434548855%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.1kcal (1.6%), Fat: 1.69g (2.6%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.45g (0.5%), Cholesterol: 2.13mg (0.71%), Sodium: 270.15mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin K: 15.95µg (15.2%), Calcium: 38.72mg (3.87%), Fiber: 0.82g (3.3%), Vitamin C: 1.93mg (2.34%), Phosphorus: 22.34mg (2.23%), Vitamin A: 103.56IU (2.07%), Selenium: 0.71µg (1.01%)