



Arugula-Basil Pesto with Pine Nuts, Parmesan and Ricotta



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.5 cups arugula
- ☐ 1.5 cups basil
- ☐ 4 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup ricotta cheese

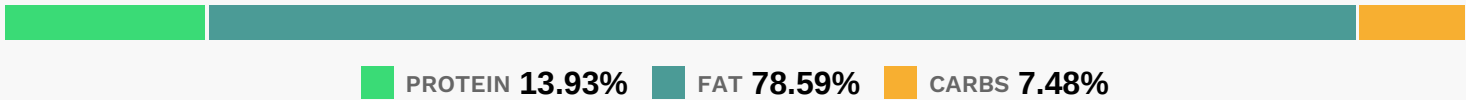
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toast the pine nuts in a dry skillet until lightly browned; let cool. Pulse in a food processor until finely ground.
- ☐ Add the arugula, basil and 1/4 teaspoon salt and pulse until finely chopped.
- ☐ Add the parmesan and pulse to combine.
- ☐ Slowly pour in the olive oil, pulsing to incorporate.
- ☐ Transfer the pesto to a bowl and stir in the ricotta. You'll have about 1 cup pesto; use about 1/2 cup for 1 pound pasta.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:11.242173858311%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 206.99kcal (10.35%), Fat: 18.71g (28.79%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.33g (1.21%), Sugar: 0.64g (0.71%), Cholesterol: 18.78mg (6.26%), Sodium: 428.28mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Manganese: 1.13mg (56.48%), Vitamin K: 55.22µg (52.59%), Phosphorus: 177.37mg (17.74%), Calcium: 172.49mg (17.25%), Vitamin A: 833.09IU (16.66%), Vitamin E: 2.01mg (13.42%), Magnesium: 43.61mg (10.9%), Zinc: 1.56mg (10.37%), Copper: 0.2mg (9.86%), Selenium:

6.75µg (9.64%), Vitamin B2: 0.11mg (6.6%), Iron: 1.16mg (6.47%), Folate: 19.83µg (4.96%), Potassium: 160.76mg (4.59%), Vitamin B12: 0.22µg (3.69%), Vitamin B1: 0.05mg (3.51%), Vitamin C: 2.84mg (3.44%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.68g (2.72%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.16mg (1.6%)