

Arugula Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 ounces arugula trimmed
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 large clove garlic minced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons pinenuts
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces spinach leaves fresh

☐ 2 teaspoons citrus champagne vinegar

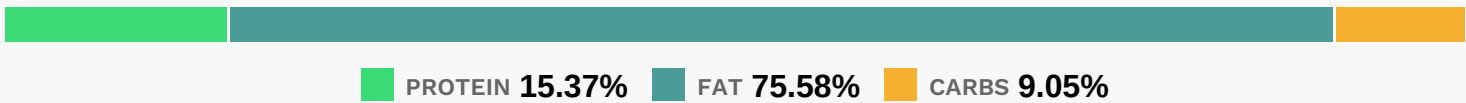
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Combine all ingredients in a food processor; process until smooth. Drop pesto by tablespoonfuls onto a jelly-roll pan lined with wax paper. Cover with plastic wrap; freeze until solid. Store frozen pesto in an airtight container in the freezer up to 2 months.
- ☐ Thaw in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:7.4573913436869%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg, Kaempferol: 3.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 68.12kcal (3.41%), Fat: 5.98g (9.2%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1g (0.36%), Sugar: 0.42g (0.47%), Cholesterol: 3.21mg (1.07%), Sodium: 188.4mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin K: 59.59µg (56.75%), Vitamin A: 1247.1IU (24.94%), Manganese: 0.42mg (21.22%), Calcium: 83.14mg (8.31%), Folate: 29.07µg (7.27%), Vitamin E: 1.02mg (6.78%), Phosphorus: 63.4mg (6.34%), Magnesium: 23.04mg (5.76%), Vitamin C: 4.27mg (5.17%), Iron: 0.7mg (3.91%), Copper: 0.07mg (3.5%), Potassium: 121.05mg (3.46%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.46mg (3.07%), Fiber: 0.61g (2.44%), Vitamin B6: 0.05mg (2.3%), Selenium: 1.35µg (1.93%), Vitamin B1: 0.03mg (1.82%), Vitamin B3: 0.3mg (1.49%)