

Arugula Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups firmly arugula packed
- ☐ 0.5 cup firmly flat-leaf parsley fresh packed
- ☐ 2 garlic cloves
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐

2 tablespoons water

Equipment

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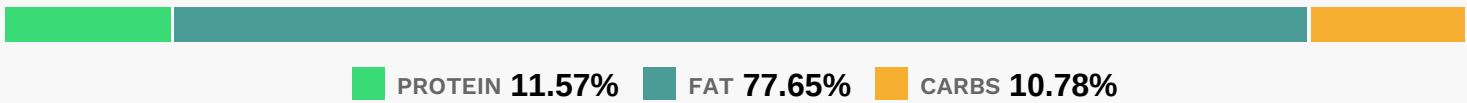
food processor

Directions

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Process arugula, parsley, olive oil, garlic, Parmesan cheese, water, lemon juice, salt, and pepper in a food processor until smooth. Refrigerate up to 1 week.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:8.3199999779463%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 82.07kcal (4.1%), Fat: 7.29g (11.22%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.32g (0.36%), Cholesterol: 5.44mg (1.81%), Sodium: 407.74mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin K: 137.49µg (130.94%), Vitamin A: 924.06IU (18.48%), Vitamin C: 12.43mg (15.06%), Calcium: 85.4mg (8.54%), Vitamin E: 0.91mg (6.09%), Folate: 21.79µg (5.45%), Phosphorus: 51.77mg (5.18%), Manganese: 0.09mg (4.57%), Iron: 0.71mg (3.95%), Selenium: 2.45µg (3.49%), Magnesium: 11.38mg (2.85%), Potassium: 99.03mg (2.83%), Zinc: 0.42mg (2.79%), Vitamin B2: 0.04mg (2.33%), Vitamin B6: 0.04mg (1.93%), Fiber: 0.47g (1.9%), Copper: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.11mg (1.06%), Vitamin B1: 0.02mg (1.06%)