



Arugula Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 pound arugula leaves packed rinsed (10 lightly cups)
- ☐ 1.5 teaspoons garlic chopped
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese grated
- ☐ 10 servings bell pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup walnuts chopped

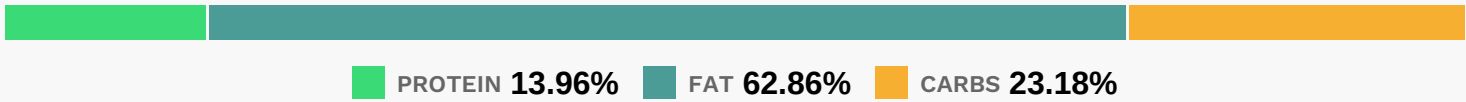
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Spread 3/4 cup chopped walnuts in a baking pan; bake in a 350 oven until golden under skins, 6 to 8 minutes.
- ☐ Let cool slightly. In a food processor or blender, working in batches if necessary, combine 1 pound rinsed arugula leaves (about 10 lightly packed cups), the toasted walnuts, 1/2 cup grated pecorino romano or parmesan cheese, 1/4 cup lemon juice, 1/4 cup extra-virgin olive oil, 1 1/2 teaspoons chopped garlic, and 1/4 teaspoon salt. Pulse motor a few times, just until mixture begins to come together. With motor running, slowly pour 1/4 cup more extra-virgin olive oil through feed tube or top of blender and whirl until mixture is smooth.
- ☐ Add more salt and fresh-ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:17.651739010992%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 15.84mg, Kaempferol: 15.84mg, Kaempferol: 15.84mg, Kaempferol: 15.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 9.77g (15.03%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.48g (4.98%), Cholesterol: 5.2mg (1.73%), Sodium: 133.72mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin C: 104.78mg (127%), Vitamin A: 3431.88IU (68.64%), Vitamin K: 54.75µg (52.14%), Manganese: 0.54mg (26.9%), Folate: 88.45µg (22.11%), Vitamin B6: 0.31mg (15.48%), Calcium: 140.83mg (14.08%), Vitamin E: 1.77mg (11.77%), Magnesium: 46.65mg (11.66%), Fiber: 2.91g (11.62%), Phosphorus: 112.49mg (11.25%), Potassium: 375.69mg (10.73%), Copper: 0.19mg (9.53%), Vitamin B2: 0.14mg (7.97%), Iron: 1.3mg (7.23%), Vitamin B1: 0.09mg (6.29%), Zinc: 0.81mg (5.39%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.98mg (4.89%), Selenium: 1.44µg (2.05%)