

Arugula Pesto



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



202 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups arugula leaves packed
- ☐ 0.5 cup walnuts shelled
- ☐ 0.5 cup parmesan cheese fresh
- ☐ 0.5 cup olive oil extra virgin
- ☐ 6 garlic cloves unpeeled
- ☐ 0.5 garlic clove minced peeled
- ☐ 0.5 teaspoon salt

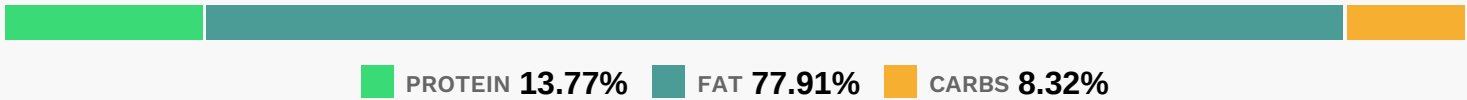
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ mortar and pestle

Directions

- ☐ Brown the garlic: Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes.
- ☐ Remove the garlic from the pan, cool, and remove the skins.
- ☐ Toast the nuts: Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.
- ☐ Process in food processor: (the fast way)
- ☐ Combine the arugula, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor.
- ☐ Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.
- ☐ Combine the nuts, salt and garlic in a mortar. With the pestle, grind until smooth.
- ☐ Add the cheese and olive oil, grind again until smooth. Finely chop the arugula and add it to the mortar. Grind up with the other ingredients until smooth.
- ☐ Adjust to taste: Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.
- ☐ Serve with pasta, over freshly roasted potatoes, or as a sauce for pizza.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:7.4843478267607%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 202.15kcal (10.11%), Fat: 18.25g (28.08%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.14g (1.14%), Sugar: 0.74g (0.82%), Cholesterol: 8.5mg (2.83%), Sodium: 494.86mg (21.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Manganese: 0.62mg (30.81%), Calcium: 187.39mg (18.74%), Phosphorus: 150.01mg (15%), Vitamin K: 14.84µg (14.13%), Copper: 0.26mg (12.95%), Magnesium: 34.53mg (8.63%), Vitamin B6: 0.16mg (7.88%), Vitamin A: 338.29IU (6.77%), Vitamin E: 0.95mg (6.36%), Folate: 25.05µg (6.26%), Selenium: 4.25µg (6.07%), Zinc: 0.9mg (6%), Fiber: 1.24g (4.97%), Vitamin B1: 0.07mg (4.59%), Vitamin B2: 0.08mg (4.55%), Iron: 0.79mg (4.39%), Vitamin C: 3.21mg (3.89%), Potassium: 132.56mg (3.79%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.21mg (2.13%), Vitamin B3: 0.26mg (1.31%)