



Arugula Pesto: Pesto Di Rucola

READY IN



10 min.

SERVINGS



8

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 fillet anchovy
- 0.5 pound baby arugula
- 8 servings bread for serving
- 0.3 cup capers
- 5 cloves garlic
- 1 juice of lemon juiced
- 0.5 cup olive oil extra-virgin
- 0.5 cup parmigiano-reggiano grated
- 1 pinch pepper

1 pinch salt

Equipment

food processor

bowl

Directions

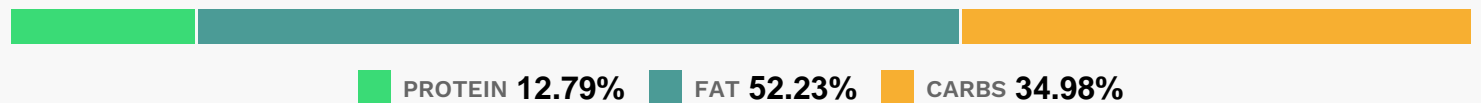
Put the garlic, anchovies, and capers in the work bowl of a food processor and pulse until finely chopped.

Add the arugula, cheese, lemon juice, and olive oil, and pulse until the mixture is completely combined and is the consistency of a classic pesto.

Add salt and pepper, to taste. To serve, spread on bread or crackers, or toss with pasta.

Transfer any remaining pesto to a freezer-safe airtight container and freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:7.5695651646542%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 17.08mg, Kaempferol: 17.08mg, Kaempferol: 17.08mg, Kaempferol: 17.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg

Nutrients (% of daily need)

Calories: 140.39kcal (7.02%), Fat: 8.33g (12.81%), Saturated Fat: 2.32g (4.52%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.5g (4.18%), Sugar: 2.07g (2.3%), Cholesterol: 4.85mg (1.62%), Sodium: 406.63mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin K: 42.03µg (40.03%), Calcium: 151.36mg (15.14%), Vitamin A: 730.06IU (14.6%), Manganese: 0.22mg (10.85%), Phosphorus: 107.27mg (10.73%), Folate: 41.61µg (10.4%), Vitamin C: 6.52mg (7.91%), Vitamin E: 1.14mg (7.63%), Iron: 1.36mg (7.53%), Vitamin B1: 0.09mg (6.12%),

Vitamin B2: 0.1mg (5.9%), Magnesium: 22.04mg (5.51%), Vitamin B3: 1.08mg (5.38%), Potassium: 146.99mg (4.2%), Fiber: 1.05g (4.2%), Selenium: 2.93µg (4.18%), Copper: 0.07mg (3.62%), Vitamin B6: 0.06mg (3.18%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.08µg (1.35%)