



Arugula Walnut Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 handfuls arugula cleaned
- 1 cloves garlic
- 1 small handful walnuts crushed
- 4 servings olive oil extra virgin as needed
- 1 juice of lemon
- 1 small handful parmesan grated
- 4 servings salt and pepper to taste

Equipment

- food processor
- bowl
- mortar and pestle

Directions

- With this recipe you play with the amount of ingredients based on your likes & the strength of the garlic, arugula, etc.
- Best to use a mortar & pestle but if you dont have one the food processor works just fine.
- In the mortal & pestle or the processor start off with your arugula and a drizzle of oil to get it working. Once pulverized add in 1 clove of garlic & continue to grind. Now add in your nuts, lemon juice and a bit of salt & pepper & give it one more grind. At this point abandon the mortal & pestle or the machine & dump the mixture into a bowl.
- Add a small handful of cheese and while continuously mixing add in the olive oil until you achieve your desired consistency. For crostini I would leave as a paste, for a pasta sauce keep it a bit looser – this is all based on the amount of olive oil you use.
- Now recheck your seasonings – more garlic? A little light on the acid?
- Add a squeeze of lemon. Is it flat? A pinch of salt will wake it up.
- Let sit for an hour or so to let the flavors incorporate. Store in the fridge. It will last a few days before the arugula will turn.
- Serve tossed over fresh pasta or rubbed over toasty bread with a ribbon of parmesan, a delicious topping for pizza or a beautiful frittata with a dollop of arugula pesto! There are a million ways to use this – enjoy!

Nutrition Facts

  

 PROTEIN **3.35%**  FAT **92%**  CARBS **4.65%**

Properties

Glycemic Index:27.25, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:4.3073913043478%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol:
3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin:
0.83mg

Nutrients (% of daily need)

Calories: 179.06kcal (8.95%), Fat: 19.04g (29.3%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 2.17g (0.72%), Net
Carbohydrates: 1.47g (0.53%), Sugar: 0.6g (0.67%), Cholesterol: 0.17mg (0.06%), Sodium: 201.13mg (8.74%),
Protein: 1.56g (3.12%), Vitamin K: 19.55µg (18.62%), Manganese: 0.3mg (15.11%), Vitamin E: 2.12mg (14.16%), Copper:
0.13mg (6.53%), Vitamin C: 4.73mg (5.74%), Vitamin A: 241.27IU (4.83%), Folate: 18.59µg (4.65%), Magnesium:
17.3mg (4.33%), Phosphorus: 34.63mg (3.46%), Vitamin B6: 0.06mg (3.03%), Calcium: 28.38mg (2.84%), Fiber: 0.7g
(2.8%), Iron: 0.47mg (2.58%), Potassium: 81.12mg (2.32%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.3mg (1.99%), Vitamin
B2: 0.02mg (1.33%), Vitamin B5: 0.1mg (1.02%)