



Arugula-Walnut Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



139 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 4 cups arugula leaves dried loosely packed rinsed
- ☐ 2 large cloves garlic
- ☐ 3 tablespoons juice of lemon
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 cup parmesan cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnut halves

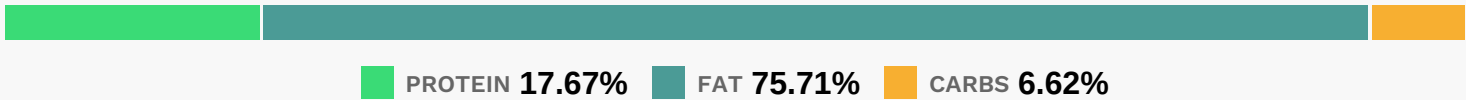
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts until slightly golden, 5 to 6 minutes.
- ☐ Pour into a food processor.
- ☐ Add garlic and whirl until coarsely chopped.
- ☐ Add arugula, parmesan, olive oil, lemon juice, and salt; whirl until smooth.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:5.4456521778003%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 138.9kcal (6.95%), Fat: 12.05g (18.53%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.77g (0.65%), Sugar: 0.66g (0.74%), Cholesterol: 9.71mg (3.24%), Sodium: 398.46mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Calcium: 194.97mg (19.5%), Vitamin K: 15.65µg (14.91%), Phosphorus: 126.19mg (12.62%), Manganese: 0.25mg (12.26%), Vitamin A: 384.35IU (7.69%), Vitamin C: 4.54mg (5.51%), Vitamin E: 0.8mg (5.31%), Copper: 0.11mg (5.28%), Magnesium: 21.06mg (5.27%), Selenium: 3.65µg (5.21%), Folate: 18.86µg (4.71%), Zinc: 0.63mg (4.22%), Vitamin B2: 0.07mg (3.97%), Vitamin B6: 0.06mg (3.24%), Vitamin B12: 0.17µg (2.86%), Iron: 0.49mg (2.74%), Potassium: 90.02mg (2.57%), Fiber: 0.59g (2.37%), Vitamin B1: 0.03mg (2.19%), Vitamin B5: 0.16mg (1.6%)