



Broccoli Pesto

READY IN



24 min.

SERVINGS



32

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 slices grilled baguette toasted
- 12 oz broccoli florets fresh rinsed drained
- 0.3 cup chicken broth
- 4 garlic cloves thinly sliced
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 0.3 cup parmesan cheese freshly grated
- 0.3 cup pinenuts toasted
- 32 servings garnish: pine nuts toasted

0.1 teaspoon pepper dried red crushed

0.5 teaspoon salt

Equipment

food processor

bowl

frying pan

plastic wrap

microwave

Directions

Place broccoli in a large bowl; cover with heavy-duty plastic wrap. Microwave at HIGH 8 minutes or until broccoli is tender.

Drain and transfer broccoli to a food processor.

While broccoli cooks, heat olive oil in a small skillet over medium heat.

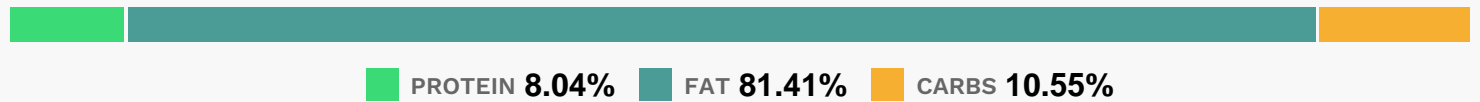
Add garlic and crushed red pepper; saut 2 minutes until garlic is lightly browned.

Add garlic mixture, Parmesan cheese, and next 4 ingredients to food processor; process until smooth. Cover and refrigerate up to 2 days.

Garnish, if desired.

Serve pesto with baguette slices.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:6.4691304855211%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol:

0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 105.81kcal (5.29%), Fat: 10.18g (15.66%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.66g (0.74%), Cholesterol: 0.96mg (0.32%), Sodium: 73.8mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Manganese: 1.01mg (50.43%), Vitamin K: 18.22µg (17.35%), Vitamin C: 10.05mg (12.18%), Vitamin E: 1.45mg (9.68%), Phosphorus: 78.91mg (7.89%), Copper: 0.15mg (7.73%), Magnesium: 30.79mg (7.7%), Zinc: 0.82mg (5.44%), Iron: 0.75mg (4.17%), Vitamin B1: 0.06mg (3.69%), Vitamin B3: 0.61mg (3.05%), Potassium: 105.84mg (3.02%), Folate: 11.79µg (2.95%), Fiber: 0.72g (2.88%), Vitamin B2: 0.05mg (2.73%), Vitamin B6: 0.04mg (1.81%), Calcium: 17.93mg (1.79%), Vitamin A: 80.9IU (1.62%), Selenium: 0.95µg (1.35%), Vitamin B5: 0.11mg (1.06%)