



Cauliflower & Pea Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



134 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 small cauliflower
- ☐ 25 g basil fresh
- ☐ 2 cloves garlic
- ☐ 1 cup olive oil
- ☐ 128 g peas frozen
- ☐ 4 servings grinding of pepper black good

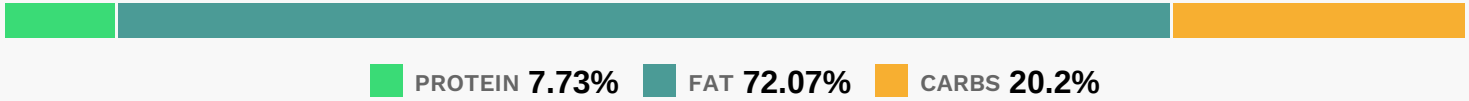
Equipment

- ☐ blender

Directions

- ☐ Cut your cauliflower into florets and peel your garlic.
 - ☐ Pop all the ingredients in your blender and whizz until your pesto is velvety smooth.
 - ☐ Have a taste and check the seasoning.
 - ☐ Serve over hot pasta.
 - ☐ Spread on toasted bruschetta, panini or ciabatta and topped with salad or veg and feta or fresh milky mozzarella. Alternatively, add more olive oil and use as a salad dressing.
- notes: If you prefer a chunkier pesto, then stop blending once it reaches your desired thickness. You can also add some grated parmesan for extra flavour.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:8.6621738931407%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 133.6kcal (6.68%), Fat: 11.07g (17.03%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.48g (2.76%), Cholesterol: 0mg (0%), Sodium: 12.28mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin K: 45.7µg (43.52%), Vitamin C: 30.36mg (36.8%), Manganese: 0.29mg (14.61%), Vitamin A: 575.17IU (11.5%), Vitamin E: 1.68mg (11.17%), Folate: 43.99µg (11%), Fiber: 2.64g (10.57%), Vitamin B6: 0.14mg (7.18%), Vitamin B1: 0.11mg (7.13%), Potassium: 203.01mg (5.8%), Phosphorus: 55.09mg (5.51%), Iron: 0.9mg (5.02%), Magnesium: 20.07mg (5.02%), Copper: 0.1mg (4.96%), Vitamin B3: 0.9mg (4.52%), Vitamin B2: 0.07mg (4.04%), Zinc: 0.56mg (3.7%), Calcium: 29.62mg (2.96%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.01µg (1.44%)