



Central Market's Poblano-Cilantro Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



131 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup cilantro leaves fresh
- ☐ 3 garlic cloves
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.8 cup olive oil
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 4 poblano chile peppers
- ☐ 1 teaspoon salt
- ☐ 0.3 cup walnuts chopped

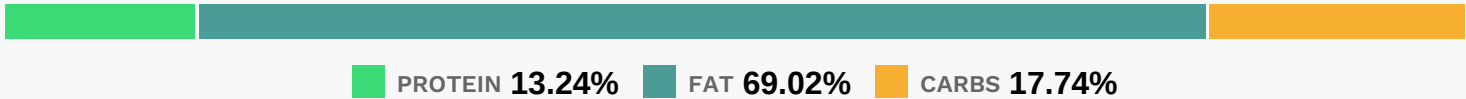
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place peppers on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat about 5 minutes on each side or until blistered.
- ☐ Place peppers in a zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- ☐ Process peppers and remaining ingredients in a food processor until smooth, stopping to scrape down sides. Store pesto in refrigerator up to 1 week.
- ☐ Note: Poblano peppers are dark green, tapered chile peppers, about 3 inches wide and 4 to 5 inches long. You can find them in the produce section of your grocery store.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:8.3973912311637%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 130.74kcal (6.54%), Fat: 10.49g (16.13%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.88g (2.09%), Cholesterol: 9.32mg (3.11%), Sodium: 522.8mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin C: 57.36mg (69.53%), Manganese: 0.26mg (13.16%), Vitamin K: 11.72µg (11.16%), Calcium: 109.85mg (10.99%), Vitamin B6: 0.2mg (10.18%), Phosphorus: 99.4mg (9.94%), Vitamin A: 425.56IU (8.51%), Vitamin E: 1.05mg (6.97%), Copper: 0.12mg (6.2%), Fiber: 1.52g (6.08%), Selenium: 4.15µg (5.94%), Potassium: 175.89mg (5.03%), Zinc: 0.71mg (4.72%), Magnesium: 18.29mg (4.57%), Vitamin B1: 0.06mg (4.06%), Vitamin B2: 0.07mg (3.91%), Folate: 12.93µg (3.23%), Iron: 0.48mg (2.65%), Vitamin B12: 0.14µg (2.41%), Vitamin B3: 0.41mg (2.06%), Vitamin B5: 0.15mg (1.48%)