

Chimichurri Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup firmly cilantro leaves fresh packed
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup firmly flat-leaf parsley leaves fresh packed
- ☐ 1 small garlic clove chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt

☐ 0.5 cup walnuts toasted chopped

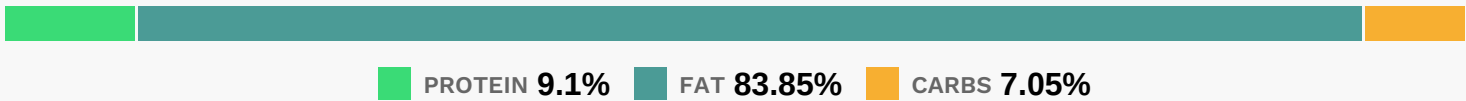
Equipment

☐ food processor

Directions

☐ Process parsley leaves, cilantro leaves, walnuts, Parmesan cheese, lemon juice, garlic, salt, and red pepper in a food processor until finely chopped. With processor running, pour olive oil through food chute in a slow, steady stream, processing until smooth.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:8.2891304356896%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 110.27kcal (5.51%), Fat: 10.68g (16.43%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.24g (0.27%), Cholesterol: 4.35mg (1.45%), Sodium: 150.83mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 106.91µg (101.82%), Vitamin A: 672.71IU (13.45%), Manganese: 0.23mg (11.32%), Vitamin C: 8.78mg (10.64%), Vitamin E: 0.95mg (6.33%), Calcium: 60.11mg (6.01%), Phosphorus: 56.84mg (5.68%), Copper: 0.11mg (5.45%), Folate: 16.27µg (4.07%), Magnesium: 14.59mg (3.65%), Iron: 0.64mg (3.54%), Zinc: 0.48mg (3.17%), Selenium: 2.11µg (3.02%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.41%), Potassium: 79.33mg (2.27%), Vitamin B2: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.89%), Vitamin B12: 0.07µg (1.13%)