



## Cilantro Chili-Lime Cashew Pesto

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



117 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 0.5 cup asiago cheese grated
- 1 teaspoon pepper black
- 1 teaspoon cayenne pepper
- 2 cups cilantro leaves fresh
- 1 cup parsley leaves fresh
- 1 cup chili-lime cashews
- 3 tablespoons juice of lime
- 0.5 cup olive oil

1 teaspoon salt

## Equipment

food processor

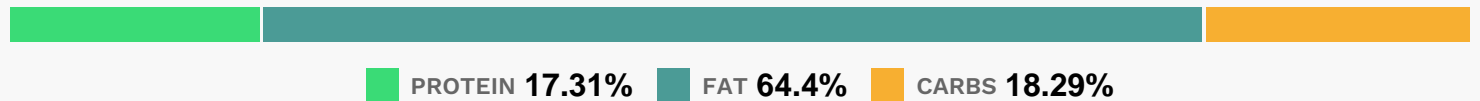
bowl

## Directions

Put the cilantro, parsley, lime juice, cashews, olive oil, salt, pepper, cayenne pepper, and grated cheese into the bowl of a food processor. Pulse until mixture is smooth, 8 to 10 pulses. If mixture is too thick, add more olive oil; if too thin, add more cashews.

Pour into 4 one-cup freezer containers. Use one container within a few days; freeze the others for later.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:12.642173908327%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 11.33mg, Hesperetin: 11.33mg, Hesperetin: 11.33mg, Hesperetin: 11.33mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

## Nutrients (% of daily need)

Calories: 116.83kcal (5.84%), Fat: 8.95g (13.77%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.95g (1.05%), Cholesterol: 8.5mg (2.83%), Sodium: 794.76mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin K: 275.69µg (262.57%), Vitamin A: 2129.48IU (42.59%), Vitamin C: 32.85mg (39.82%), Calcium: 186.92mg (18.69%), Phosphorus: 107.44mg (10.74%), Vitamin E: 1.35mg (9%), Folate: 32.29µg (8.07%), Iron: 1.45mg (8.06%), Manganese: 0.14mg (6.99%), Fiber: 1.7g (6.79%), Potassium: 190.81mg (5.45%), Vitamin B2: 0.08mg (4.77%), Magnesium: 19.05mg (4.76%), Selenium: 3.08µg (4.4%), Zinc: 0.6mg (4%), Copper: 0.07mg (3.6%), Vitamin B6: 0.07mg (3.25%), Vitamin B12: 0.15µg (2.5%), Vitamin B1: 0.04mg (2.36%), Vitamin B5: 0.24mg (2.35%), Vitamin B3: 0.43mg (2.16%)