



Cilantro Jalapeno Pesto with Lime

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



260 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup olive oil extra virgin
- 1 bunch cilantro leaves fresh
- 5 cloves garlic
- 0.5 jalapeno fresh seeded
- 1 tablespoon juice of lime fresh
- 0.3 cup parmesan cheese grated
- 2.5 tablespoons pinenuts toasted



Equipment

blender

Directions

Combine the cilantro, pine nuts, olive oil, garlic, lime juice, jalapeno pepper, and Parmesan cheese in a blender; pulse until the mixture reaches a soft, paste-like consistency.

Nutrition Facts

 **PROTEIN 5.99%**  **FAT 87.38%**  **CARBS 6.63%**

Properties

Glycemic Index:31.33, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:7.6399999766246%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg 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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 260.28kcal (13.01%), Fat: 26.08g (40.13%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.56g (0.62%), Cholesterol: 7.25mg (2.42%), Sodium: 148.61mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Manganese: 0.84mg (41.94%), Vitamin E: 3.58mg (23.85%), Vitamin K: 24.28µg (23.13%), Phosphorus: 110.99mg (11.1%), Calcium: 87mg (8.7%), Vitamin C: 6.61mg (8.02%), Copper: 0.14mg (6.84%), Magnesium: 26.53mg (6.63%), Zinc: 0.98mg (6.51%), Vitamin A: 282.55IU (5.65%), Selenium: 3.72µg (5.32%), Vitamin B6: 0.09mg (4.61%), Iron: 0.74mg (4.12%), Vitamin B2: 0.06mg (3.52%), Potassium: 110.84mg (3.17%), Vitamin B1: 0.05mg (3.1%), Vitamin B3: 0.47mg (2.37%), Fiber: 0.57g (2.29%), Vitamin B12: 0.11µg (1.88%), Folate: 6.27µg (1.57%), Vitamin B5: 0.11mg (1.12%)