



Cilantro-Pecan Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



341 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.5 cups cilantro leaves fresh
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup olive oil divided
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 2 tablespoons pecans chopped
- ☐ 2 tablespoons pinenuts

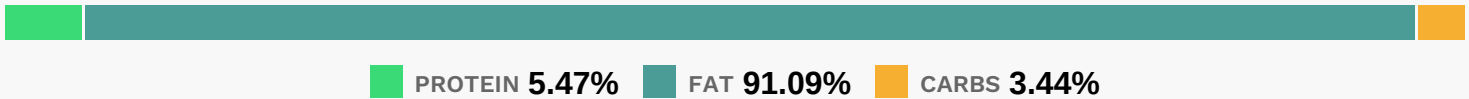
Equipment

- ☐ food processor

Directions

- ☐ Process cilantro, garlic, and 2 tablespoons olive oil in a food processor until a rough paste forms.
- ☐ Add pecans, pine nuts, and cheese, and process until blended, stopping to scrape down sides. With processor running, pour remaining oil through food chute in a slow, steady stream; process until smooth. Cover and chill up to 5 days or freeze up to 1 month, if desired.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:9.5552172932936%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 340.58kcal (17.03%), Fat: 35.56g (54.71%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.66g (0.73%), Cholesterol: 5.67mg (1.89%), Sodium: 138.13mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Manganese: 0.96mg (47.8%), Vitamin K: 43.25µg (41.19%), Vitamin E: 4.39mg (29.28%), Vitamin A: 610.77IU (12.22%), Phosphorus: 121.53mg (12.15%), Calcium: 113.62mg (11.36%), Copper: 0.19mg (9.73%), Magnesium: 31.05mg (7.76%), Zinc: 1.02mg (6.83%), Vitamin B1: 0.08mg (5.39%), Iron: 0.92mg (5.09%), Fiber: 1.15g (4.61%), Vitamin B2: 0.07mg (3.92%), Selenium: 2.53µg (3.62%), Potassium: 124.74mg (3.56%), Vitamin C: 2.91mg (3.53%), Vitamin B6: 0.06mg (3.23%), Vitamin B3: 0.5mg (2.48%), Folate: 9.34µg (2.33%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.1µg (1.67%)