



Cilantro Pesto

 Gluten Free

READY IN



20 min.

SERVINGS



37

CALORIES



25 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 medium jalapeno
- 2 bunches cilantro leaves fresh
- 0.7 cup pumpkin seeds raw unsalted hulled (pepitas)
- 4 cloves garlic
- 0.3 cup juice of lime fresh
- 1 cup olive oil
- 2 oz manchego cheese shredded
- 0.8 teaspoon salt

0.5 teaspoon pepper freshly ground

Equipment

food processor

bowl

Directions

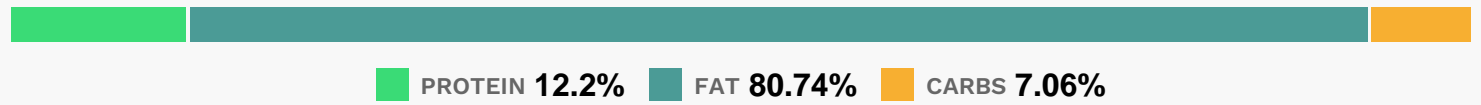
Remove stems and seeds from jalapeños and large stems from cilantro.

In food processor, place 1/3 cup of the pumpkin seeds and 2 cloves of the garlic. Cover; process until finely chopped.

Add 1 jalapeño, half of the cilantro and 2 tablespoons of the lime juice. Cover; process until coarsely pureed. With food processor running, pour 1/2 cup of the oil through feed tube; process until smooth.

Spoon pesto into medium bowl. Repeat procedure with remaining half of ingredients. Stir in cheese, salt and pepper. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.89347827045814%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 24.62kcal (1.23%), Fat: 2.29g (3.52%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.08g (0.09%), Cholesterol: 1.64mg (0.55%), Sodium: 56.86mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Manganese: 0.06mg (3.21%), Vitamin K: 2.33µg (2.22%), Vitamin C: 1.63mg (1.97%), Calcium: 18.28mg (1.83%), Magnesium: 7.31mg (1.83%), Vitamin E: 0.24mg (1.57%), Phosphorus: 15.39mg (1.54%)