

Cilantro Pesto

 Gluten Free

READY IN



20 min.

SERVINGS



37

CALORIES



25 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 bunches cilantro leaves fresh
- ☐ 4 cloves garlic
- ☐ 2 medium jalapeno
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 oz manchego cheese shredded
- ☐ 1 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt

☐ 0.7 cup pumpkin seeds raw unsalted hulled (pepitas)

Equipment

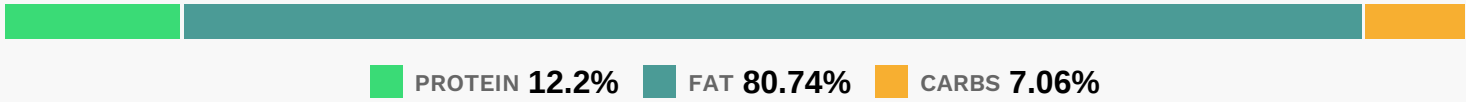
☐ food processor

☐ bowl

Directions

- ☐ Remove stems and seeds from jalapeos 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 jalapeo, 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: Og (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%), Magnesium: 7.31mg (1.83%), Calcium: 18.28mg (1.83%), Vitamin E: 0.24mg (1.57%), Phosphorus: 15.39mg (1.54%)