



Cilantro Pesto

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 2 cups cilantro leaves fresh loosely packed
- ☐ 2 garlic cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt

☐ 0.3 cup water cold

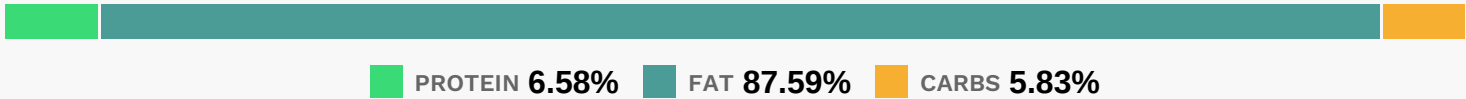
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 5 to 6 minutes or until toasted and fragrant, stirring halfway through. Cool 10 minutes.
- ☐ Meanwhile, place a small skillet over medium-high heat until hot; add cumin seeds, and cook, stirring constantly, 1 to 2 minutes or until toasted. Cool 10 minutes.
- ☐ Process pecans, cumin seeds, and next 7 ingredients in a food processor until smooth, stopping to scrape down sides as needed.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.4026086919982%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 83.38kcal (4.17%), Fat: 8.39g (12.91%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.2g (0.22%), Cholesterol: 2.9mg (0.97%), Sodium: 137.43mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Manganese: 0.19mg (9.34%), Vitamin K: 9.7µg (9.24%), Vitamin E: 0.82mg (5.46%), Calcium: 35.68mg (3.57%), Vitamin A: 176.61IU (3.53%), Phosphorus: 33.58mg (3.36%), Copper: 0.05mg (2.65%), Zinc: 0.33mg (2.21%), Selenium: 1.39µg (1.98%), Vitamin B1: 0.03mg (1.88%), Fiber: 0.43g (1.74%), Magnesium: 6.81mg (1.7%), Iron: 0.27mg (1.49%), Vitamin C: 1.14mg (1.38%), Vitamin B2: 0.02mg (1.22%), Potassium: 37.23mg (1.06%)