



Collard and Pecan Pesto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 small bunch collard greens
- ☐ 0.5 teaspoons honey
- ☐ 8 servings kosher salt
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup pecans toasted
- ☐ 0.3 teaspoons pepper flakes red crushed

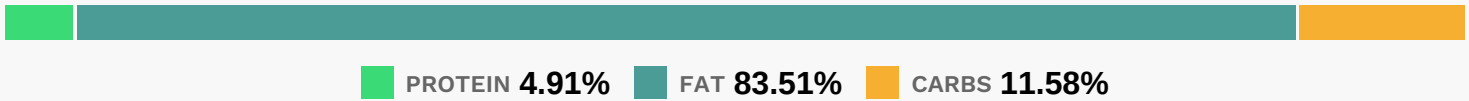
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook 1/2 small bunch collard greens, center ribs and stems removed, in a medium pot of boiling salted water until tender, about 2 minutes.
- ☐ Drain.
- ☐ Transfer to a bowl of ice water; let cool.
- ☐ Drain; squeeze dry with paper towels. Blend greens, 1/2 cup olive oil, 1/4 cup toasted pecans, 2 tablespoons apple cider vinegar, 1/2 teaspoons honey, and 1/4 teaspoons crushed red pepper flakes in a food processor until a coarse purée forms; season with kosher salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:4.8200000511563%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 51.59kcal (2.58%), Fat: 5.01g (7.71%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 197.11mg (8.57%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin K: 53.86µg (51.29%), Vitamin A: 616.82IU (12.34%), Manganese: 0.24mg (12.07%), Vitamin C: 4.23mg (5.13%), Vitamin E: 0.73mg (4.84%), Folate: 16.04µg (4.01%), Fiber: 0.82g (3.28%), Calcium: 30.8mg (3.08%), Copper: 0.05mg (2.26%), Magnesium: 7.42mg (1.85%), Vitamin B1: 0.03mg (1.81%), Vitamin B6: 0.03mg (1.39%), Potassium: 43.56mg (1.24%), Phosphorus: 12.2mg (1.22%), Vitamin B2: 0.02mg (1.2%), Zinc: 0.17mg (1.15%)