



Coriander and Mint Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



361 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 servings pepper black freshly ground
- ☐ 6 Tbs olive oil extra virgin
- ☐ 1 bunch coriander fresh
- ☐ 1 bunch mint leaves fresh
- ☐ 2 cloves garlic peeled
- ☐ 1 juice of lime
- ☐ 50 g peanuts toasted
- ☐ 1 chili red coarsely chopped

- ☐ 3 servings salt
- ☐ 1 tsp sugar

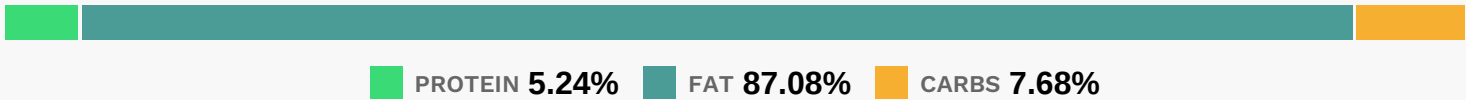
Equipment

- ☐ food processor

Directions

- ☐ Place all ingredients in a food processor and blend until smooth.
- ☐ Add more or less olive oil to get the consistency you desire.

Nutrition Facts



Properties

Glycemic Index:74.45, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:9.88956527088%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg 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: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 361.19kcal (18.06%), Fat: 36.38g (55.98%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 201.58mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin C: 26.32mg (31.91%), Vitamin E: 4.23mg (28.18%), Manganese: 0.54mg (27.18%), Vitamin K: 27.48µg (26.17%), Vitamin B3: 2.92mg (14.61%), Folate: 47.7µg (11.93%), Copper: 0.19mg (9.5%), Magnesium: 38.02mg (9.5%), Vitamin B1: 0.13mg (8.85%), Vitamin B6: 0.17mg (8.42%), Fiber: 2.1g (8.39%), Phosphorus: 77.99mg (7.8%), Vitamin A: 385.11IU (7.7%), Iron: 1.13mg (6.29%), Potassium: 215.18mg (6.15%), Vitamin B5: 0.37mg (3.7%), Calcium: 30.67mg (3.07%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.05mg (2.79%), Selenium: 1.61µg (2.3%)