



## Creamy Cilantro Pesto Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 5 artichoke hearts
- 1 bunch cilantro leaves
- 5 leaves basil fresh to taste
- 2 green onions to taste
- 2 tablespoons jalapeno chopped
- 0.5 juice of lemon juiced
- 0.5 cup cream cheese reduced-fat
- 1 dash salt

# Equipment

blender

# Directions

Blend cilantro leaves, cream cheese, artichoke hearts, green onions, basil, jalapeno pepper, lemon juice, and salt in a blender until smooth.

# Nutrition Facts



# Properties

Glycemic Index:20.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.0595651994581%

# Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

# Nutrients (% of daily need)

Calories: 33.06kcal (1.65%), Fat: 2.33g (3.58%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.16g (1.29%), Cholesterol: 8.1mg (2.7%), Sodium: 62.09mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 11.47µg (10.92%), Vitamin C: 6.06mg (7.35%), Vitamin A: 237.21IU (4.74%), Calcium: 26.15mg (2.61%), Phosphorus: 25.69mg (2.57%), Vitamin B12: 0.14µg (2.3%), Vitamin B2: 0.03mg (2.05%), Potassium: 62.69mg (1.79%), Folate: 6.99µg (1.75%), Vitamin B5: 0.15mg (1.5%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.36%)