



Creamy Triple Green Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



114 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.3 cup cashew pieces unsalted
- ☐ 30 basil leaves fresh
- ☐ 1 clove garlic
- ☐ 5 tbsp olive oil
- ☐ 0.5 cup peas
- ☐ 8 servings grind of pepper black
- ☐ 4 tbsp silken tofu
- ☐ 50 g pkt spinach

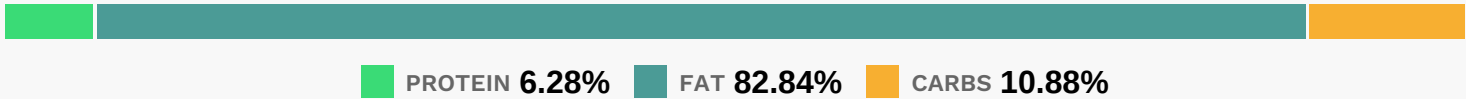
Equipment

☐ colander

Directions

- ☐ Blanch the peas for a couple of minutes to soften slightly.
- ☐ Wilt the spinach, by placing in a colander and pouring over a kettleful of boiling water. When wilted, rinse with cold water and squeeze out as much liquid as you can.
- ☐ Whizz all the ingredients together and season with freshly ground black pepper.This pesto will happily sit in the fridge for a few days and also freezes well.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:5.7908696324929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 113.64kcal (5.68%), Fat: 10.79g (16.6%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 6.56mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 45.47µg (43.31%), Vitamin A: 735.1IU (14.7%), Manganese: 0.2mg (9.81%), Vitamin E: 1.45mg (9.66%), Vitamin C: 5.79mg (7.02%), Copper: 0.14mg (6.8%), Magnesium: 23.07mg (5.77%), Folate: 20.07µg (5.02%), Phosphorus: 42.91mg (4.29%), Iron: 0.75mg (4.14%), Vitamin B1: 0.05mg (3.65%), Fiber: 0.85g (3.41%), Potassium: 104.24mg (2.98%), Zinc: 0.43mg (2.9%), Vitamin B6: 0.05mg (2.62%), Vitamin B2: 0.03mg (1.81%), Calcium: 16.1mg (1.61%), Vitamin B3: 0.32mg (1.58%), Selenium: 1.09µg (1.56%)