



Dandelion pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 handfuls dandelion greens
- 2 handfuls basil fresh
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- 1 handful pkt spinach
- 5 the petals from dandelion flowers
- 1 large clove garlic
- 0.5 tsp sea salt
- 1 handful pinenuts

- 1 handful sunflower seeds
- 4 tbsp olive oil extra virgin
- 4 juice of lemon
- 1 tbsp nutritional yeast

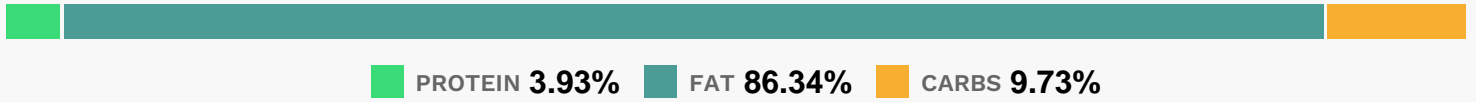
Equipment

- food processor
- mortar and pestle

Directions

- Wash the dandelion well in a solution of water and raw cider vinegar, using a couple of tablespoons of vinegar to about a litre of water. Wash and spin dry all the greens. Pop all the ingredients into a pestle and mortar or food processor and pound/blitz till nearly smooth – I like to leave a little texture to my pesto but play around with it. And that's it! Pretty simple and very scrummy.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:6.3669565217391%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 144.7kcal (7.23%), Fat: 14.51g (22.32%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 297.81mg (12.95%), Protein: 1.49g (2.97%), Vitamin K: 56.99µg (54.28%), Vitamin C: 14.49mg (17.57%), Vitamin A: 861.65IU (17.23%), Vitamin E: 2.36mg (15.72%), Iron: 1.24mg (6.91%), Manganese: 0.14mg (6.79%), Folate: 22.72µg (5.68%), Potassium: 131.36mg

(3.75%), Fiber: 0.89g (3.56%), Magnesium: 11.43mg (2.86%), Vitamin B6: 0.05mg (2.28%), Copper: 0.03mg (1.67%), Calcium: 15.61mg (1.56%), Vitamin B2: 0.02mg (1.4%), Vitamin B1: 0.02mg (1.39%), Phosphorus: 12.68mg (1.27%)