



HEALTH SCORE

58%

Dried Tomato Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**247 kcal**

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients



8 ounce tomatoes dried minced undrained in oil



0.3 cup basil fresh coarsely chopped



4 garlic cloves



2 tablespoons olive oil



0.1 teaspoon pepper



2 tablespoons pinenuts



0.5 teaspoon salt

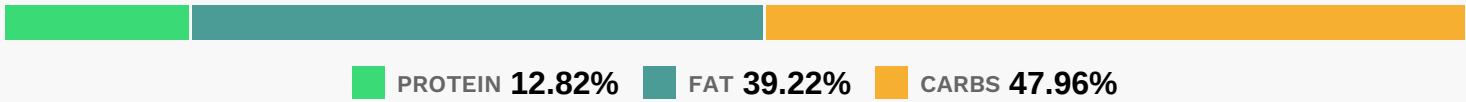
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Bake pine nuts in a shallow pan at 350, stirring occasionally, 5 minutes or until toasted. Cool.
- ☐ Process pine nuts and remaining ingredients in a blender or food processor until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:7.7, Inflammation Score:-7, Nutrition Score:21.836086791495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 246.79kcal (12.34%), Fat: 12.13g (18.66%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 26.1g (9.49%), Sugar: 21.53g (23.93%), Cholesterol: 0mg (0%), Sodium: 352.18mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Manganese: 1.56mg (78.14%), Potassium: 1992.04mg (56.92%), Copper: 0.89mg (44.35%), Vitamin K: 37.67µg (35.87%), Magnesium: 124.37mg (31.09%), Iron: 5.58mg (30.98%), Fiber: 7.26g (29.05%), Vitamin C: 23.47mg (28.45%), Vitamin B3: 5.39mg (26.93%), Phosphorus: 236.13mg (23.61%), Vitamin B1: 0.32mg (21.61%), Vitamin B2: 0.29mg (17.24%), Vitamin B5: 1.22mg (12.21%), Vitamin B6: 0.23mg (11.63%), Vitamin A: 576.74IU (11.53%), Folate: 41.38µg (10.34%), Zinc: 1.5mg (10%), Vitamin E: 1.5mg (9.97%), Calcium: 71.78mg (7.18%), Selenium: 3.59µg (5.13%)