



Edamame-Cilantro Pesto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1.5 teaspoons canola oil
- ☐ 2 cups cilantro leaves
- ☐ 1 cup blanched edamame green frozen shelled thawed (soy beans)
- ☐ 1 teaspoon fish sauce
- ☐ 1 large garlic clove peeled
- ☐ 1 teaspoon curry paste green
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

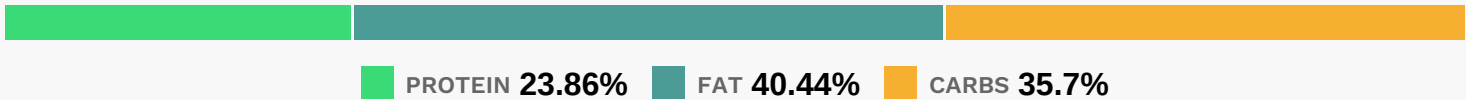
Equipment

☐ food processor

Directions

☐ Combine all ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:1.7695651843172%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 31.59kcal (1.58%), Fat: 1.44g (2.21%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 206.87mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin K: 12.94µg (12.32%), Vitamin A: 368.48IU (7.37%), Fiber: 0.89g (3.57%), Iron: 0.6mg (3.33%), Potassium: 108.03mg (3.09%), Calcium: 20.34mg (2.03%), Vitamin E: 0.23mg (1.54%), Vitamin C: 1.25mg (1.52%), Manganese: 0.03mg (1.27%)