



## Elizabeth's Pesto with a Southern Twist

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 1.5 cups firmly basil leaves packed
- 0.5 teaspoon cayenne pepper
- 0.5 cup flat-leaf parsley fresh
- 5 cloves garlic crushed
- 1 teaspoon ground pepper fresh black
- 0.5 juice of lemon juiced
- 1 tablespoon lemon zest
- 1 cup parmesan cheese grated

- 0.5 cup pecans toasted
- 0.5 cup pecorino romano cheese grated
- 1 teaspoon sea salt
- 1 cup firmly spinach leaves packed

## Equipment

- food processor

## Directions

- Blend the basil, spinach, parsley, garlic, pecans, lemon zest, lemon juice, Parmesan cheese, Pecorino Romano cheese, cayenne pepper, sea salt, and black pepper in a food processor until all ingredients are integrated. With the food processor running, slowly drizzle the olive oil into the mixture until the mixture forms a paste.

## Nutrition Facts

**PROTEIN 20.6%** **FAT 66.57%** **CARBS 12.83%**

## Properties

Glycemic Index:11.04, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:3.681304305144%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 42.47kcal (2.12%), Fat: 3.25g (5%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.16g (0.18%), Cholesterol: 5.79mg (1.93%), Sodium: 196.72mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin K: 33.13µg (31.55%), Manganese: 0.15mg (7.47%), Vitamin A: 365.49IU (7.31%), Calcium: 68.06mg (6.81%), Phosphorus: 51.43mg (5.14%), Vitamin C: 3.1mg (3.75%), Selenium: 1.96µg (2.79%), Zinc: 0.37mg (2.47%), Copper: 0.04mg (1.99%), Magnesium: 7.82mg (1.96%), Vitamin B2: 0.03mg (1.82%), Folate: 6.43µg (1.61%), Iron: 0.27mg (1.51%), Fiber: 0.36g (1.46%), Vitamin B12: 0.08µg (1.33%), Vitamin B1: 0.02mg (1.32%), Vitamin B6: 0.03mg (1.25%), Potassium: 41.76mg (1.19%)