



Feta Pesto

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



108 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 cups basil leaves fresh
- ☐ 1 artichoke heart roughly chopped
- ☐ 2 tablespoons oil-packed sun-dried tomatoes chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 pinch salt and pepper black to taste

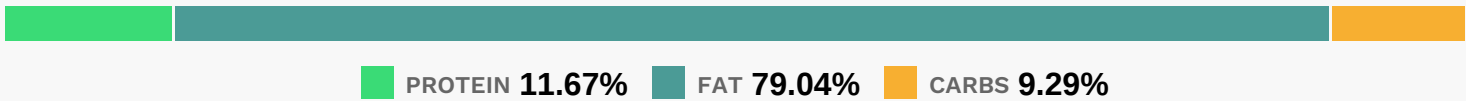
Equipment

☐ food processor

Directions

☐ In a food processor, combine the basil, feta cheese, Parmesan cheese, pine nuts, artichoke heart, and sun-dried tomatoes. Cover, and pulse, adding oil as needed to facilitate blending until smooth. Taste, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:6.8626086569351%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 108.44kcal (5.42%), Fat: 9.93g (15.28%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.86g (0.95%), Cholesterol: 8.67mg (2.89%), Sodium: 146.34mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 39.29µg (37.42%), Manganese: 0.62mg (31.16%), Vitamin A: 498.41IU (9.97%), Phosphorus: 88.37mg (8.84%), Calcium: 81.74mg (8.17%), Vitamin E: 1.14mg (7.59%), Copper: 0.13mg (6.61%), Magnesium: 25.05mg (6.26%), Zinc: 0.8mg (5.37%), Vitamin B2: 0.09mg (5.26%), Iron: 0.79mg (4.4%), Potassium: 125.98mg (3.6%), Selenium: 2.46µg (3.52%), Vitamin B1: 0.04mg (2.8%), Folate: 10.76µg (2.69%), Vitamin B3: 0.53mg (2.65%), Vitamin C: 2.15mg (2.6%), Vitamin B6: 0.05mg (2.54%), Vitamin B12: 0.15µg (2.53%), Fiber: 0.55g (2.19%), Vitamin B5: 0.14mg (1.38%)