

Garlic Scape Pesto



Gluten Free



Popular

READY IN



10 min.

SERVINGS



3

CALORIES



611 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 pound garlic-scapes cut into 2-inch pieces
- ☐ 3 servings ground pepper black to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup olive oil
- ☐ 1.3 cups parmesan cheese grated

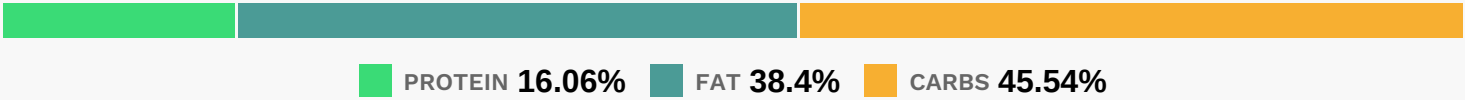
Equipment

- ☐ food processor

Directions

☐ Blend the garlic scapes, Parmesan cheese, olive oil, lemon juice, and pepper together in a food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.896086897539%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 610.99kcal (30.55%), Fat: 27.59g (42.45%), Saturated Fat: 8.45g (52.81%), Carbohydrates: 73.61g (24.54%), Net Carbohydrates: 69.04g (25.1%), Sugar: 1.67g (1.85%), Cholesterol: 36.25mg (12.08%), Sodium: 764.3mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.94%), Vitamin C: 66.35mg (80.42%), Calcium: 747.21mg (74.72%), Phosphorus: 264.72mg (26.47%), Iron: 3.82mg (21.22%), Selenium: 14.59µg (20.85%), Fiber: 4.58g (18.3%), Vitamin E: 2.29mg (15.3%), Zinc: 1.81mg (12.05%), Vitamin B12: 0.56µg (9.38%), Vitamin K: 9.54µg (9.09%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 361.26IU (7.23%), Magnesium: 15.05mg (3.76%), Manganese: 0.05mg (2.44%), Potassium: 83.29mg (2.38%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.21µg (1.39%)