



Hazelnut, Ricotta, and Lemon Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



189 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.5 cup basil fresh coarsely chopped
- 1 garlic clove peeled
- 2 ounces hazelnuts husked toasted
- 3 tablespoons juice of lemon fresh
- 5 tablespoons olive oil extra virgin extra-virgin divided
- 3 tablespoons pecorino cheese freshly grated
- 9 servings sea salt fine
- 1.5 cups ricotta cheese (from one 15-ounce container)

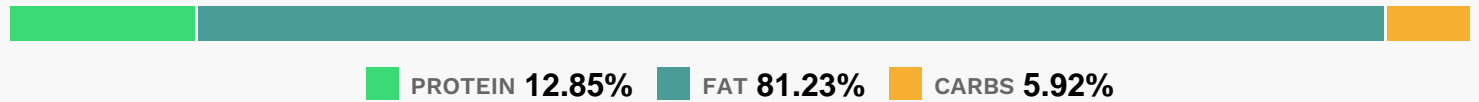
Equipment

bowl

Directions

- With processor running, drop garlic clove into machine and blend until finely chopped.
- Add hazelnuts, basil, and 2 tablespoons olive oil; process until hazelnuts and basil are finely chopped.
- Add ricotta cheese, lemon juice, lemon peel, and remaining 3 tablespoons olive oil; process until well blended.
- Transfer mixture to small bowl and stir in Pecorino Romano cheese. Season to taste with sea salt and freshly ground black pepper. DO AHEAD Can be made 2 days ahead. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:18.78, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:5.6443479009297%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 188.59kcal (9.43%), Fat: 17.44g (26.84%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.53g (0.59%), Cholesterol: 22.81mg (7.6%), Sodium: 248.83mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Manganese: 0.41mg (20.69%), Vitamin E: 2.13mg

(14.22%), Calcium: 113.94mg (11.39%), Vitamin K: 11.61µg (11.05%), Phosphorus: 97.9mg (9.79%), Selenium: 6.44µg (9.2%), Copper: 0.12mg (6.23%), Vitamin B2: 0.1mg (5.65%), Vitamin A: 262.77IU (5.26%), Zinc: 0.69mg (4.63%), Magnesium: 16.74mg (4.19%), Folate: 14.11µg (3.53%), Vitamin B1: 0.05mg (3.25%), Vitamin C: 2.68mg (3.24%), Vitamin B6: 0.06mg (3.16%), Iron: 0.56mg (3.13%), Potassium: 98.21mg (2.81%), Vitamin B12: 0.16µg (2.65%), Fiber: 0.65g (2.62%), Vitamin B5: 0.16mg (1.64%)