



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
- ☐ 1.5 teaspoons lemon zest packed finely grated ()
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 3 tablespoons pecorino romano cheese freshly grated
- ☐ 9 servings sea salt fine

☐ 1.5 cups whole-milk ricotta cheese (from one 15-ounce container)

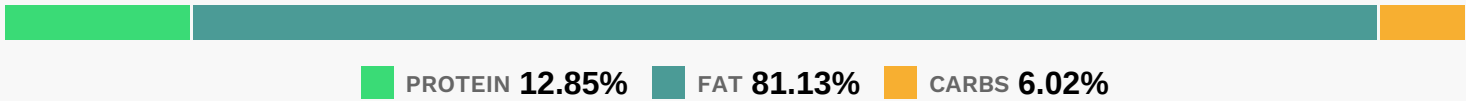
Equipment

☐ 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:5.6821739310804%

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: 188.75kcal (9.44%), Fat: 17.45g (26.84%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.54g (0.6%), Cholesterol: 22.81mg (7.6%), Sodium: 248.85mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Manganese: 0.41mg (20.69%), Vitamin E: 2.13mg (14.22%), Calcium: 114.38mg (11.44%), Vitamin K: 11.61µg (11.05%), Phosphorus: 97.94mg (9.79%), Selenium: 6.45µg (9.21%), Copper: 0.12mg (6.25%), Vitamin B2: 0.1mg (5.66%), Vitamin A: 262.94IU (5.26%), Zinc: 0.7mg (4.64%), Magnesium: 16.79mg (4.2%), Vitamin C: 3.11mg (3.76%), Folate: 14.16µg (3.54%), Vitamin B1: 0.05mg (3.27%), Vitamin B6: 0.06mg (3.19%), Iron: 0.57mg (3.14%), Potassium: 98.74mg (2.82%), Fiber: 0.69g (2.76%), Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.17mg (1.65%)