

Herb Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



75 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.5 cup basil leaves fresh loosely packed
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 1 to 2 garlic cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup olive oil
- ☐ 2 tablespoons oregano leaves fresh
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water cold

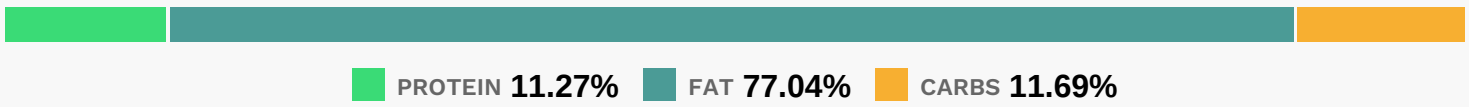
Equipment

- ☐ food processor

Directions

- ☐ Process all ingredients in a food processor until smooth, stopping to scrape down sides as needed.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:0.09, Inflammation Score:-8, Nutrition Score:6.3721739876529%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 74.52kcal (3.73%), Fat: 6.68g (10.28%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.24g (0.26%), Cholesterol: 4.35mg (1.45%), Sodium: 206.31mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 64.2µg (61.15%), Manganese: 0.39mg (19.5%), Vitamin A: 383.77IU (7.68%), Calcium: 68.96mg (6.9%), Vitamin E: 0.97mg (6.49%), Vitamin C: 4.97mg (6.03%), Phosphorus: 55.87mg (5.59%), Iron: 0.85mg (4.71%), Magnesium: 15.77mg (3.94%), Zinc: 0.51mg (3.41%), Copper: 0.07mg (3.3%), Fiber: 0.73g (2.93%), Selenium: 1.87µg (2.68%), Folate: 9.74µg (2.43%), Vitamin B2: 0.04mg (2.06%), Potassium: 67.57mg (1.93%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.3%), Vitamin B3: 0.25mg (1.28%), Vitamin B12: 0.07µg (1.13%)