



Korean Perilla Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 sesame seed fresh
- 0.5 cup pinenuts dry toasted
- 2 tablespoons garlic minced
- 0.8 cup olive oil extra virgin canned
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black

Equipment

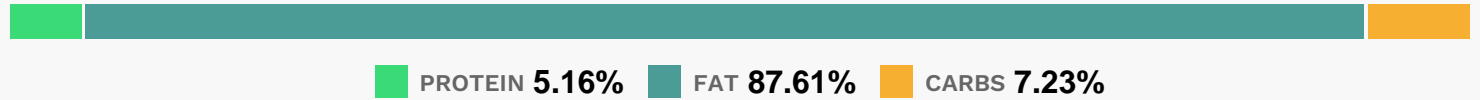
- food processor

bowl

Directions

- Put all the ingredients into a food processor and blend everything until it is a smooth paste.
- Toss it in a bowl with some freshly cooked pasta of your choice and serve, garnishing with some leftover pine nuts.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:4.0447826086957%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 1.24%, Saltiness: 1.44%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 96.44kcal (4.82%), Fat: 9.9g (15.22%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 145.96mg (6.35%), Protein: 1.31g (2.62%), Manganese: 0.79mg (39.38%), Vitamin E: 1.37mg (9.15%), Vitamin K: 7.12µg (6.78%), Copper: 0.12mg (6.17%), Magnesium: 22.23mg (5.56%), Phosphorus: 52.46mg (5.25%), Zinc: 0.58mg (3.85%), Iron: 0.55mg (3.05%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.39mg (1.95%), Potassium: 59.88mg (1.71%), Vitamin B6: 0.03mg (1.7%), Fiber: 0.38g (1.54%), Vitamin B2: 0.02mg (1.28%)