



## Mint and Pea Pesto on Toasted Baguette

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 4 ounces baguette
- 0.5 cup basil leaves
- 2 garlic cloves
- 1 tablespoon juice of lemon fresh
- 0.5 cup mint leaves
- 2 tablespoons olive oil extra-virgin
- 0.3 cup peas green frozen thawed
- 0.1 teaspoon salt

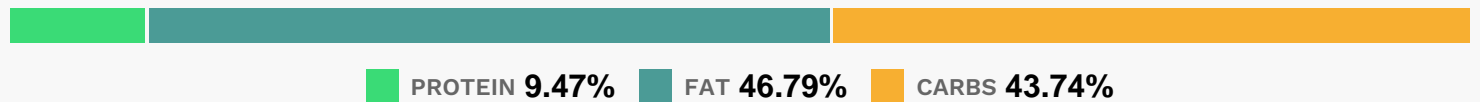
## Equipment

- food processor
- baking sheet
- broiler

## Directions

- Preheat broiler to high. Slice baguette into 8 (1/2-inch-thick) slices.
- Place bread in a single layer on a baking sheet. Broil 2 minutes or until browned.
- Combine basil leaves, mint leaves, peas, olive oil, lemon juice, salt, and garlic in a mini food processor; pulse until smooth.
- Spread about 1 tablespoon pesto on each bread slice.

## Nutrition Facts



## Properties

Glycemic Index:54.02, Glycemic Load:9.87, Inflammation Score:-5, Nutrition Score:6.6391304264898%

## Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 150.33kcal (7.52%), Fat: 7.9g (12.15%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.96g (5.44%), Sugar: 1.96g (2.18%), Cholesterol: 0mg (0%), Sodium: 250.62mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin K: 19.79µg (18.85%), Manganese: 0.29mg (14.75%), Vitamin B1: 0.2mg (13.24%), Folate: 45.47µg (11.37%), Vitamin C: 7.87mg (9.54%), Vitamin A: 466.89IU (9.34%), Iron: 1.56mg (8.67%), Vitamin B3: 1.61mg (8.07%), Vitamin E: 1.13mg (7.55%), Selenium: 5.27µg (7.52%), Vitamin B2: 0.12mg (7.2%), Fiber: 1.65g (6.61%), Calcium: 54.07mg (5.41%), Phosphorus: 45.1mg (4.51%), Magnesium: 17.38mg (4.35%), Copper: 0.09mg (4.27%), Vitamin B6: 0.08mg (3.85%), Potassium: 108.08mg (3.09%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.16mg (1.56%)