



Mint Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups mint leaves fresh loosely packed
- ☐ 2 garlic cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup water cold

Equipment

☐

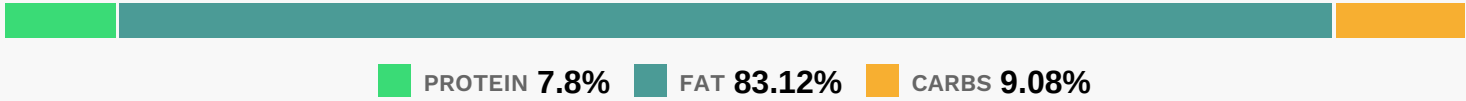
 food processor

Directions

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

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:4.2808695688196%

Flavonoids

Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg, Eriodictyol: 2.86mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg 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: 114.94kcal (5.75%), Fat: 11g (16.92%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.17g (0.19%), Cholesterol: 4.35mg (1.45%), Sodium: 90.91mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Manganese: 0.42mg (20.87%), Vitamin E: 1.38mg (9.2%), Vitamin A: 426.69IU (8.53%), Calcium: 68.04mg (6.8%), Vitamin K: 6.25µg (5.95%), Phosphorus: 58.71mg (5.87%), Vitamin C: 3.66mg (4.43%), Magnesium: 17.72mg (4.43%), Iron: 0.72mg (3.99%), Copper: 0.08mg (3.96%), Zinc: 0.54mg (3.62%), Fiber: 0.86g (3.45%), Folate: 12.03µg (3.01%), Vitamin B2: 0.05mg (2.93%), Selenium: 1.86µg (2.66%), Potassium: 84.58mg (2.42%), Vitamin B3: 0.31mg (1.56%), Vitamin B1: 0.02mg (1.5%), Vitamin B6: 0.03mg (1.35%), Vitamin B12: 0.07µg (1.13%)