

Mixed-Herb Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



11 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup arugula leaves
- ☐ 0.8 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup chives fresh minced
- ☐ 0.3 cup thyme leaves fresh
- ☐ 2 large garlic cloves
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup oregano leaves fresh
- ☐ 0.5 ounce parmesan cheese fresh grated

- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 2 cups torn spinach

Equipment

- ☐ food processor
- ☐ ziploc bags

Directions

- ☐ Drop pine nuts and garlic through food chute with food processor on, and process until minced.
- ☐ Add spinach and next 7 ingredients (spinach through salt); process until finely minced. With processor on, slowly pour oil through food chute; process until well-blended. Spoon into a zip-top heavy-duty plastic bag; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:1.6400000389017%

Flavonoids

Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 10.64kcal (0.53%), Fat: 0.96g (1.47%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.05g (0.05%), Cholesterol: 0.15mg (0.05%), Sodium: 13.96mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 19.46µg (18.54%), Vitamin A: 174.21IU (3.48%), Manganese: 0.06mg (3.07%), Vitamin C: 1.63mg (1.98%), Iron: 0.27mg (1.48%), Vitamin E: 0.22mg (1.45%), Calcium: 11.85mg (1.18%), Folate: 4.3µg (1.07%)