



## Olive-Rosemary Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 1 cup parsley fresh
- 1 tablespoon rosemary leaves fresh
- 2 garlic cloves
- 1 cup kalamata olives pitted
- 3 tablespoons olive oil
- 0.3 cup diamond of california pecan halves shelled
- 0.3 cup romano cheese grated

### Equipment

food processor

blender

## Directions

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

## Nutrition Facts



**PROTEIN 6.09%** **FAT 86.98%** **CARBS 6.93%**

## Properties

Glycemic Index:24.75, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:11.824347830985%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 216.99kcal (10.85%), Fat: 21.96g (33.78%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.62g (0.68%), Cholesterol: 6.5mg (2.17%), Sodium: 610.49mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 253.17µg (241.12%), Vitamin A: 1440.39IU (28.81%), Vitamin C: 20.6mg (24.96%), Vitamin E: 3.01mg (20.08%), Manganese: 0.33mg (16.68%), Calcium: 113.49mg (11.35%), Fiber: 2.3g (9.22%), Iron: 1.42mg (7.88%), Phosphorus: 77.31mg (7.73%), Copper: 0.14mg (7.25%), Folate: 26.2µg (6.55%), Magnesium: 22.09mg (5.52%), Vitamin B1: 0.07mg (4.42%), Zinc: 0.64mg (4.25%), Potassium: 137.48mg (3.93%), Vitamin B6: 0.06mg (3.13%), Vitamin B2: 0.05mg (2.98%), Selenium: 1.67µg (2.39%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.07µg (1.17%)