



Oregano Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup flat-leaf parsley leaves fresh
- ☐ 2 large garlic cloves
- ☐ 4 teaspoons juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 cups oregano leaves fresh
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 2 tablespoons pistachios
- ☐ 0.3 teaspoon salt

☐ 2.5 cups torn spinach

Equipment

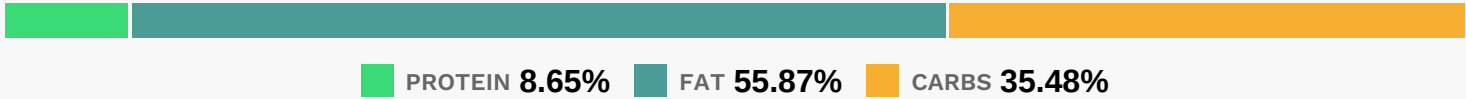
☐ food processor

☐ ziploc bags

Directions

☐ Process first 8 ingredients in a food processor until smooth. With processor running, slowly pour oil through food chute; process until blended. Spoon into a zip-top, heavy-duty plastic bag; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:27.005652088834%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 200.34kcal (10.02%), Fat: 14.09g (21.67%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 8.58g (3.12%), Sugar: 1.64g (1.82%), Cholesterol: 1.7mg (0.57%), Sodium: 215.16mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin K: 492.16µg (468.72%), Manganese: 1.46mg (73.07%), Vitamin A: 3465.55IU (69.31%), Iron: 10.53mg (58.48%), Fiber: 11.54g (46.16%), Calcium: 459.29mg (45.93%), Vitamin E: 6.49mg (43.25%), Vitamin C: 28.38mg (34.4%), Folate: 119.19µg (29.8%), Magnesium: 93.43mg

(23.36%), Vitamin B6: 0.39mg (19.38%), Potassium: 542.16mg (15.49%), Copper: 0.25mg (12.68%), Vitamin B2: 0.19mg (11.39%), Phosphorus: 91.83mg (9.18%), Vitamin B3: 1.52mg (7.58%), Vitamin B1: 0.11mg (7.19%), Zinc: 1.08mg (7.18%), Vitamin B5: 0.34mg (3.4%), Selenium: 2.33µg (3.32%)