



Parsley and Walnut Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 ounces parsley fresh
- ☐ 3 garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnut pieces toasted chopped

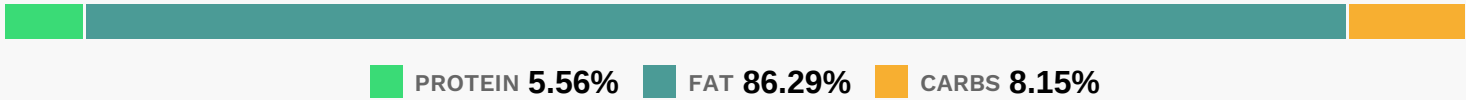
Equipment

☐ food processor

Directions

☐ Combine all ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:6.873478119788%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 12.73mg, Apigenin: 12.73mg, Apigenin: 12.73mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.55kcal (3.33%), Fat: 6.73g (10.36%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 100.53mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 99.25µg (94.52%), Vitamin C: 8.64mg (10.47%), Vitamin A: 499.11IU (9.98%), Manganese: 0.2mg (9.97%), Copper: 0.09mg (4.5%), Vitamin E: 0.59mg (3.91%), Folate: 14.04µg (3.51%), Iron: 0.55mg (3.06%), Magnesium: 11.06mg (2.77%), Fiber: 0.56g (2.25%), Phosphorus: 21.67mg (2.17%), Vitamin B6: 0.04mg (2.08%), Potassium: 59.68mg (1.71%), Vitamin B1: 0.02mg (1.57%), Zinc: 0.22mg (1.5%), Calcium: 14.82mg (1.48%)