



Parsley Mint Pistachio Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups parsley and lightly mint leaves fresh italian packed coarsely chopped
- ☐ 1 cup olive oil
- ☐ 1 cup roasted salted shelled
- ☐ 6 servings salt

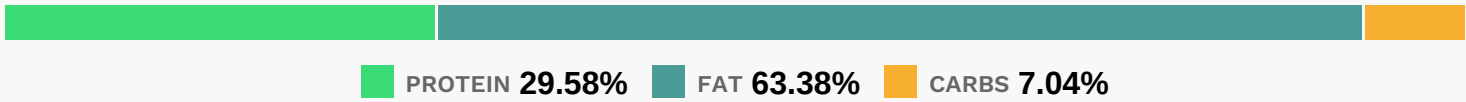
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Rub nuts in a towel to remove any loose skins. Lift nuts from towel and place in a food processor or blender.
- ☐ Add parsley, mint, and olive oil to the blender; whirl until finely ground.
- ☐ Add salt to taste. Use, or cover and chill up to 2 days. Freeze airtight in small portions to store longer.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.9643478393555%

Flavonoids

Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg

Nutrients (% of daily need)

Calories: 126.2kcal (6.31%), Fat: 8.94g (13.76%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0g (0%), Cholesterol: 24.84mg (8.28%), Sodium: 217.91mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin B6: 0.32mg (15.85%), Selenium: 10.92µg (15.6%), Vitamin A: 637.2IU (12.74%), Vitamin B3: 2.52mg (12.61%), Vitamin B1: 0.19mg (12.47%), Phosphorus: 99.67mg (9.97%), Manganese: 0.18mg (8.98%), Vitamin E: 1.09mg (7.25%), Vitamin B2: 0.11mg (6.68%), Potassium: 232.94mg (6.66%), Zinc: 0.88mg (5.85%), Vitamin C: 4.77mg (5.78%), Iron: 1.02mg (5.65%), Magnesium: 22.26mg (5.56%), Fiber: 1.2g (4.8%), Folate: 17.1µg (4.28%), Vitamin K: 4.33µg (4.13%), Calcium: 38.61mg (3.86%), Copper: 0.07mg (3.62%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.16µg (1.05%)