



Parsley-Pepita Pesto

 Gluten Free

READY IN



20 min.

SERVINGS



15

CALORIES



27 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.1 teaspoon pepper red crushed
- 1 clove garlic
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup olive oil extra-virgin
- 2 cups parsley leaves packed
- 0.3 cup pumpkin seeds raw (pepitas)
- 2 tablespoons romano grated

15 servings salt and pepper

Equipment

food processor

bowl

frying pan

Directions

Toast pepitas in a dry skillet over medium heat, tossing often, until seeds turn golden and start to pop, about 3 minutes.

Transfer to a bowl to cool.

With food processor running, drop in garlic to chop. Pulse in parsley, lemon zest and juice, red pepper and 1/2 tsp. salt. Pulse in cheese and pepitas. Scrape down sides of bowl. With machine running, drizzle in oil. Season with salt and pepper.

Nutrition Facts

 **PROTEIN 12.64%** **FAT 75.44%** **CARBS 11.92%**

Properties

Glycemic Index:6.6, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:6.9000000284742%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 26.77kcal (1.34%), Fat: 2.39g (3.67%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.13g (0.14%), Cholesterol: 0.69mg (0.23%), Sodium: 206.72mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 132.21µg (125.91%), Vitamin C: 11.29mg (13.68%), Vitamin A: 682IU (13.64%), Manganese: 0.08mg (4.09%), Iron: 0.64mg (3.58%), Folate: 13.26µg (3.31%), Magnesium: 12.85mg (3.21%), Phosphorus: 27.69mg (2.77%), Vitamin E: 0.31mg (2.05%), Calcium: 19.58mg (1.96%),

Potassium: 58.82mg (1.68%), Copper: 0.03mg (1.62%), Fiber: 0.38g (1.51%), Zinc: 0.22mg (1.45%)