



Pesto Appetizer Squares

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



26 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 0.3 cup basil pesto
- ☐ 1 serving tomatoes
- ☐ 4 cups frangelico

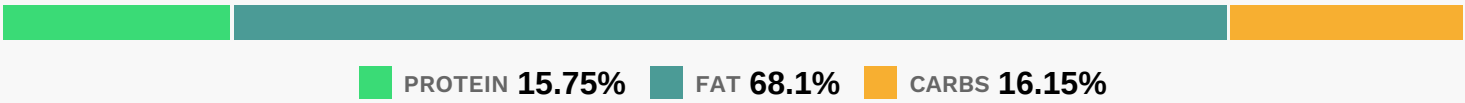
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Grease rectangular pan, 13x9x2 inches.
- ☐ Stir together all ingredients except marinara sauce.
- ☐ Spread in pan.
- ☐ Bake 25 to 30 minutes or until golden brown. Cool slightly; cut into 2-inch squares.
- ☐ Serve warm with marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.96869564704273%

Nutrients (% of daily need)

Calories: 25.9kcal (1.29%), Fat: 1.96g (3.02%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.79g (0.88%), Cholesterol: 15.14mg (5.05%), Sodium: 65.47mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin A: 127.81IU (2.56%), Calcium: 20.82mg (2.08%), Vitamin B2: 0.03mg (2.01%), Selenium: 1.35µg (1.93%), Phosphorus: 18.91mg (1.89%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.19µg (1.23%), Vitamin B5: 0.11mg (1.1%), Potassium: 35.47mg (1.01%)