



## Ramp and Parsley Pesto

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



197 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- ☐ 0.7 cup walnuts
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup parmiggiano-reggiano cheese grated (you could also use pecorino)
- ☐ 1 small bunch parsley
- ☐ 1 small bunch ramps green thin
- ☐ 1 pinch salt

### Equipment

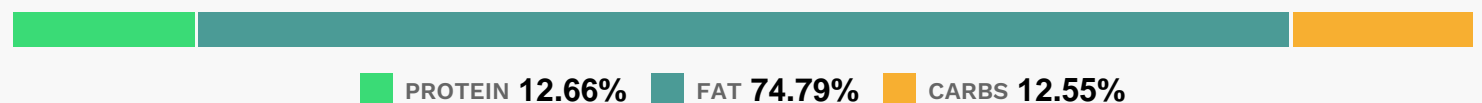
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ kitchen towels

## Directions

- ☐ Toast the walnuts: In a dry frying pan over medium heat, toast the walnuts. Toss from time to time, until you can smell them, about 5–7 minutes.
- ☐ Blanch the parsley and ramp greens: Bring a large kettle of salty water to a rolling boil. Fill a large bowl with ice water.
- ☐ Blanch the parsley in the boiling water for 1 minute, then submerge it in the ice water (shocking the parsley with ice water will keep it bright green).
- ☐ Cut the leaves off the ramps, leaving the white parts for another use. Blanch the ramp leaves in the boiling water for 30 seconds. Douse in the ice water.
- ☐ Wring out excess water:
- ☐ Drain the parsley and ramp leaves, then put them in a kitchen towel. Wrap the towel around the greens, and twist one end of the towel one way, and the other end of the towel the opposite way. Wring out the parsley and ramps tightly. You want as much water as you can to drain away.
- ☐ Blend in food processor: Chop the parsley and ramps well and put into the bowl of a food processor. Chop the walnuts well and put them in, too.
- ☐ Add the parmiggiano cheese and a healthy pinch of salt.
- ☐ Pulse the mixture together a few times, then, with the motor running, drizzle in the olive oil slowly. Stop the food processor immediately after the oil is incorporated. Taste for salt, and add if needed.
- ☐ Serve within a couple days. For storage, keep covered in the fridge with a thin layer of olive oil over it. Freeze if you will have any left over after 3 days.

## Nutrition Facts



## Properties

Glycemic Index:15.8, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:12.797391263039%

## Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Apigenin: 24.58mg, Apigenin: 24.58mg, Apigenin: 24.58mg, Apigenin: 24.58mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 197.3kcal (9.87%), Fat: 17.16g (26.41%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.55g (1.66%), Sugar: 1.35g (1.5%), Cholesterol: 6.8mg (2.27%), Sodium: 174.73mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin K: 190.15µg (181.1%), Vitamin A: 1425.76IU (28.52%), Manganese: 0.55mg (27.64%), Vitamin C: 18.08mg (21.91%), Calcium: 163.03mg (16.3%), Copper: 0.27mg (13.41%), Phosphorus: 129.99mg (13%), Iron: 1.71mg (9.52%), Magnesium: 34.75mg (8.69%), Folate: 33.32µg (8.33%), Fiber: 1.93g (7.72%), Zinc: 0.88mg (5.86%), Vitamin E: 0.84mg (5.59%), Vitamin B6: 0.1mg (5.16%), Vitamin B1: 0.07mg (4.46%), Selenium: 3.03µg (4.32%), Potassium: 141.2mg (4.03%), Vitamin B2: 0.07mg (3.99%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.18mg (1.8%), Vitamin B3: 0.35mg (1.76%)