



Red-Hot Tomato Pesto



Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 garlic cloves peeled
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 8 ounce oil-packed sun-dried tomato halves undrained
- ☐ 2 tablespoons walnuts finely chopped
- ☐ 3 tablespoons water

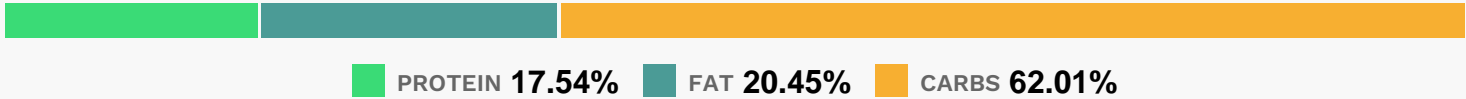
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine water and pepper in a small bowl or custard cup. Cover with plastic wrap; vent. Microwave at high 45 seconds or until mixture boils. Cool completely.
- ☐ Drain mixture through a sieve over a small bowl, reserving liquid; discard pepper.
- ☐ Drop the garlic cloves through the food chute with food processor on, and process until minced.
- ☐ Add the sun-dried tomatoes, and pulse until minced, scraping sides of bowl occasionally.
- ☐ Place the tomato mixture in a medium bowl. Stir in the reserved water, cheese, nuts, and canned tomatoes.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.5960869520255%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 14.08kcal (0.7%), Fat: 0.37g (0.57%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.63g (1.81%), Cholesterol: 0.11mg (0.04%), Sodium: 15.34mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Manganese: 0.09mg (4.5%), Potassium: 142.88mg (4.08%), Copper: 0.07mg (3.39%), Vitamin C: 2.01mg (2.44%), Fiber: 0.59g (2.37%), Iron: 0.42mg (2.35%), Magnesium: 8.8mg (2.2%), Vitamin B3: 0.41mg (2.04%), Vitamin K: 1.91µg (1.82%), Phosphorus: 17.07mg (1.71%), Vitamin B1: 0.02mg (1.66%), Vitamin B2: 0.02mg (1.3%), Vitamin B6: 0.03mg (1.25%), Vitamin A: 55.34IU (1.11%)