



Roasted Pepper Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil leaves fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 pounds bell peppers red peeled (4 large)
- ☐ 0.3 teaspoon salt

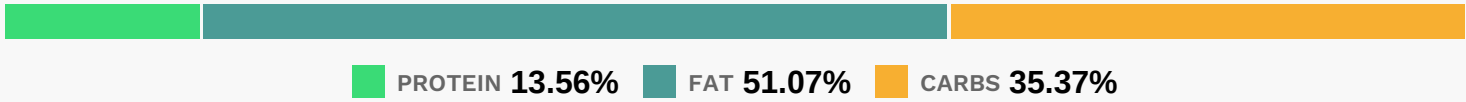
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place all ingredients in a food processor; process until smooth, scraping sides of processor bowl occasionally. Store in airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:26.853478066299%

Flavonoids

Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 203.84kcal (10.19%), Fat: 12.63g (19.43%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 12.93g (4.7%), Sugar: 13.04g (14.49%), Cholesterol: 6.43mg (2.14%), Sodium: 357.84mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.09%), Vitamin C: 388.56mg (470.98%), Vitamin A: 9966.18IU (199.32%), Vitamin K: 54.72µg (52.11%), Manganese: 1.03mg (51.52%), Vitamin B6: 0.91mg (45.37%), Vitamin E: 6.16mg (41.05%), Folate: 147.48µg (36.87%), Fiber: 6.75g (26.98%), Potassium: 711.34mg (20.32%), Phosphorus: 187.15mg (18.71%), Vitamin B2: 0.31mg (18.22%), Vitamin B3: 3.35mg (16.76%), Magnesium: 62.45mg (15.61%), Calcium: 148.82mg (14.88%), Vitamin B1: 0.19mg (12.94%), Iron: 2.04mg (11.31%), Vitamin B5: 1.04mg (10.4%), Zinc: 1.51mg (10.08%), Copper: 0.17mg (8.72%), Selenium: 2.5µg (3.58%), Vitamin B12: 0.11µg (1.89%)