



WHATSheATE



Romaine Pesto with Sesame Seeds, Asiago and Sun-Dried Tomatoes



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



192 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup asiago cheese
- ☐ 4 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 cups romaine lettuce chopped
- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup sun-dried tomatoes chopped

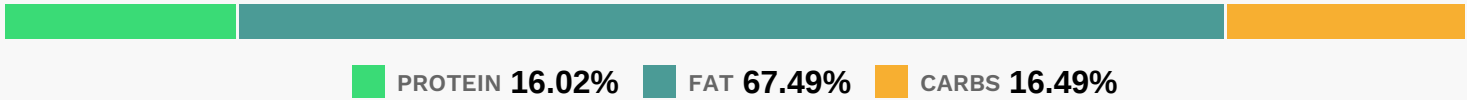
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toast the sesame seeds in a dry skillet until lightly browned; let cool. Pulse in a food processor until finely ground.
- ☐ Add the romaine and 1/4 teaspoon salt and pulse until finely chopped.
- ☐ Add the asiago and pulse to combine.
- ☐ Slowly pour in the olive oil, pulsing to incorporate.
- ☐ Transfer the pesto to a bowl and stir in the sun-dried tomatoes. You'll have about 1 cup pesto; use about 1/2 cup for 1 pound pasta.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:15.383478326642%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 192.09kcal (9.6%), Fat: 15.15g (23.3%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.14g (3.49%), Cholesterol: 8.5mg (2.83%), Sodium: 405.7mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin A: 3229.11IU (64.58%), Vitamin K: 42.55µg (40.52%), Copper: 0.63mg (31.45%), Calcium: 289.24mg (28.92%), Manganese: 0.49mg (24.6%), Phosphorus: 200.43mg (20.04%), Magnesium: 67.65mg (16.91%), Folate: 65.61µg (16.4%), Iron: 2.92mg (16.22%), Fiber: 3.06g (12.24%), Potassium: 392.97mg (11.23%), Vitamin B1: 0.17mg (11.03%), Selenium: 7.63µg (10.9%), Zinc: 1.53mg (10.21%), Vitamin B6: 0.16mg (7.95%), Vitamin B2: 0.13mg (7.62%), Vitamin B3: 1.33mg (6.65%), Vitamin E: 0.88mg (5.89%), Vitamin C: 4.11mg (4.98%), Vitamin B5: 0.26mg (2.56%), Vitamin B12: 0.15µg (2.5%)