



Sage And Arugula Pesto

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



441 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 8 servings arugula
- 1 cloves garlic
- 8 servings olive oil extra virgin extra-virgin
- 8 servings parmesan
- 8 servings sage
- 8 servings salt and pepper freshly ground
- 8 servings walnuts

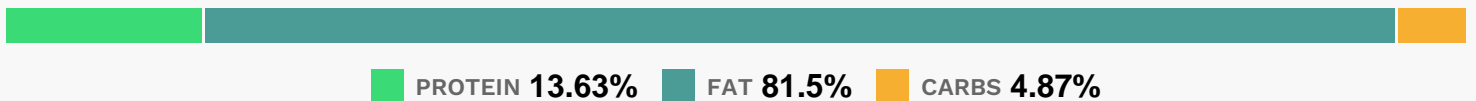
Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Heat about 1 tablespoon of the oil in a small skillet over medium heat.
- Add the whole garlic cloves and sauté until they are golden brown, about 5 minutes; do not let the garlic burn or it will become bitter.
- Pour the garlic and oil from the pan and set them aside. Toast the walnuts in the skillet over medium heat until golden, 1 to 2 minutes.
- Remove the walnuts from the heat.
- Put the arugula, sage, walnuts, and both the sautéed and minced garlic in a blender or a food processor; pulse to mince the ingredients. With the machine running, or while pulsing the food processor, slowly pour in the remaining oil and blend just until the ingredients are well incorporated. Scrape the mixture into a bowl and stir in the cheese. Season with salt and pepper to taste. More pesto recipes on Food Republic: Parsley and Lemon Pesto
- Green Beans with Pistachio Pesto
- Spicy Cilantro–Marcona Almond Pesto

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:13.740869646487%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 440.68kcal (22.03%), Fat: 41.38g (63.66%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.23g (1.37%), Cholesterol: 20.4mg (6.8%), Sodium: 678.04mg (29.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Manganese: 1.07mg (53.66%), Calcium: 401.8mg (40.18%), Phosphorus: 317.79mg (31.78%), Copper: 0.62mg (30.92%), Vitamin K: 20.65µg (19.67%), Magnesium: 65.47mg (16.37%), Vitamin E: 2.34mg (15.57%), Zinc: 1.8mg (12.03%), Selenium: 8.3µg (11.86%), Folate: 41.21µg (10.3%), Vitamin B6: 0.2mg (10.02%), Vitamin A: 477.63IU (9.55%), Vitamin B2: 0.15mg (9.04%), Fiber: 2.18g (8.72%), Vitamin B1: 0.12mg (7.95%), Iron: 1.36mg (7.53%), Vitamin B12: 0.36µg (6%), Potassium: 198.66mg (5.68%), Vitamin B5: 0.35mg (3.53%), Vitamin C: 2.01mg (2.43%), Vitamin B3: 0.45mg (2.25%)