



Sage and Pecan Pesto

 Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup firmly flat-leaf parsley fresh packed
- ☐ 1 garlic clove chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 cup firmly sage leaves fresh packed
- ☐ 0.3 teaspoon salt

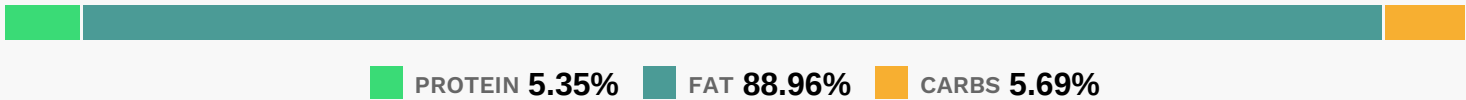
Equipment

☐ food processor

Directions

☐ Combine all ingredients in a food processor; process until ingredients are finely chopped.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:10.059565271696%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg, Apigenin: 9.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 14.38g (22.12%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.37g (0.41%), Cholesterol: 3.11mg (1.04%), Sodium: 148.21mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Copper: 1.51mg (75.42%), Vitamin K: 75.27µg (71.69%), Manganese: 0.41mg (20.69%), Vitamin E: 1.27mg (8.48%), Vitamin A: 396.36IU (7.93%), Vitamin C: 6.2mg (7.51%), Phosphorus: 47.58mg (4.76%), Calcium: 46.92mg (4.69%), Vitamin B1: 0.06mg (3.9%), Zinc: 0.57mg (3.78%), Fiber: 0.93g (3.73%), Magnesium: 13.75mg (3.44%), Iron: 0.58mg (3.24%), Selenium: 1.61µg (2.3%), Folate: 8.6µg (2.15%), Potassium: 66.76mg (1.91%), Vitamin B2: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.44%)