



HEALTH SCORE

54%

Sage Pesto



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



40 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups flat-leaf parsley leaves fresh
- ☐ 0.8 cup sage leaves fresh
- ☐ 2 large garlic cloves peeled
- ☐ 4 teaspoons juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.1 teaspoon salt

☐ 2 cups torn spinach

Equipment

☐ food processor

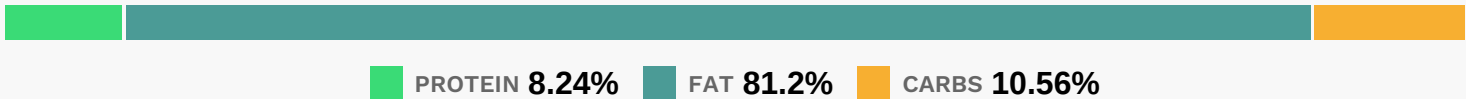
☐ ziploc bags

Directions

☐ Drop pine nuts and garlic through food chute with food processor on, and process until minced.

☐ Add spinach and next 5 ingredients (spinach through salt); process until finely minced. With processor on, slowly pour oil through food chute, and process until well-blended. Spoon into a zip-top heavy-duty plastic bag; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:11.778260828279%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 40.37kcal (2.02%), Fat: 3.82g (5.87%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 0.6mg (0.2%), Sodium: 39.71mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 143.39µg (136.56%), Copper: 1.88mg (93.96%), Vitamin A: 990.83IU (19.82%), Vitamin C: 11.64mg (14.11%), Manganese: 0.22mg (11.14%), Folate: 19.42µg (4.86%), Vitamin E: 0.63mg (4.21%), Iron: 0.73mg (4.07%), Calcium: 29.53mg (2.95%), Magnesium: 11.44mg (2.86%), Potassium: 76.17mg (2.18%), Phosphorus: 20.42mg (2.04%), Fiber: 0.43g (1.73%), Zinc: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.27%), Vitamin B1: 0.02mg (1.14%), Vitamin B6: 0.02mg (1.06%)