



## Sage Pesto with Walnuts



Gluten Free



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



415 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- ☐ 0.5 cup flat leafed parsley minced
- ☐ 4 tablespoon sage leaves fresh chopped
- ☐ 2 clove garlic peeled
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup pinenuts
- ☐ 1 pinch salt to taste
- ☐ 1 cup walnut halves

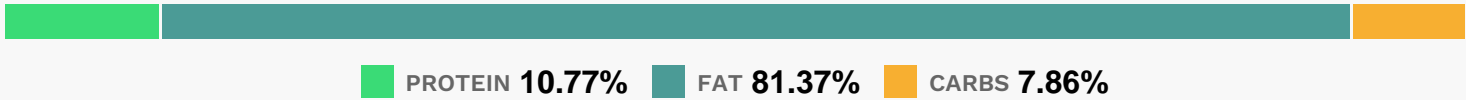
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Heat a dry skillet over medium heat. Toss in walnuts and toast for approximately 4 minutes, stirring occasionally. They should color slightly and become fragrant.
- ☐ Remove from heat and place them in a bowl.Toss the pine nuts into the same skillet and repeat the process, though they will take about 2 minutes. When they are done place them in bowl with walnuts.
- ☐ Add the whole garlic cloves to the same skillet, while it is still hot but off the heat.
- ☐ Let the garlic sit in the pan until cool. This will remove the slight bitter edge but keep the bold “raw” flavor of garlic.
- ☐ Place garlic cloves in a food processor or blender with a pinch of salt, pulse about 4 or 5 times to roughly chop.
- ☐ Add parsley and sage, then process until smooth.
- ☐ Add nuts and pulse 4 or 5 times until chopped. Then drizzle in the olive oil with the machine running the whole time, until a desired consistency is achieved. You may not need all the oil.The pesto may be covered and refrigerated up to three days, but is best used immediately.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:23.632608700058%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol:

0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 415.26kcal (20.76%), Fat: 39.61g (60.94%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 5.32g (1.93%), Sugar: 1.55g (1.72%), Cholesterol: 8.5mg (2.83%), Sodium: 215.72mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Copper: 18.9mg (944.76%), Manganese: 3.12mg (156.03%), Vitamin K: 136.37µg (129.88%), Phosphorus: 293.85mg (29.38%), Magnesium: 108.4mg (27.1%), Calcium: 231.82mg (23.18%), Vitamin E: 2.64mg (17.61%), Iron: 3.08mg (17.11%), Zinc: 2.55mg (16.97%), Vitamin A: 740.3IU (14.81%), Vitamin C: 10.96mg (13.28%), Fiber: 3.29g (13.17%), Vitamin B1: 0.19mg (12.88%), Folate: 46.72µg (11.68%), Vitamin B6: 0.21mg (10.48%), Potassium: 314.44mg (8.98%), Vitamin B2: 0.14mg (8.24%), Selenium: 4.58µg (6.55%), Vitamin B3: 1.21mg (6.06%), Vitamin B5: 0.32mg (3.15%), Vitamin B12: 0.15µg (2.5%)