



Sicilian Pesto



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 ounces basil leaves loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 3 garlic cloves
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.3 cup pinenuts

☐ 2 cups tomatoes seeded drained chopped 2 large

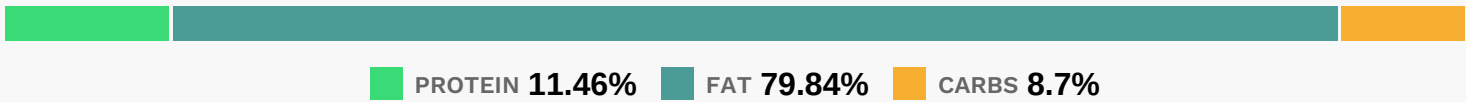
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a small skillet over medium heat.
- ☐ Add nuts to pan; cook 4 minutes or until lightly toasted, stirring constantly.
- ☐ Remove from pan.
- ☐ Combine nuts and garlic in a food processor; process until minced.
- ☐ Add basil, oil, salt, and peppers; process until blended, scraping sides occasionally.
- ☐ Add cheese; process until smooth. Spoon into a bowl; fold in tomato.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:2.8265217205752%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 50.44kcal (2.52%), Fat: 4.64g (7.14%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.49g (0.54%), Cholesterol: 1.93mg (0.64%), Sodium: 104.79mg (4.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin K: 15.59µg (14.84%), Manganese: 0.21mg (10.49%), Vitamin A: 300.17IU (6%), Vitamin E: 0.66mg (4.41%), Calcium: 41.37mg (4.14%), Phosphorus: 35.31mg (3.53%), Vitamin C: 2.71mg (3.28%), Magnesium: 9.11mg (2.28%), Copper: 0.04mg (2.24%), Potassium: 58.78mg (1.68%), Zinc: 0.24mg (1.61%), Iron: 0.27mg (1.53%), Vitamin B6: 0.03mg (1.32%), Folate: 4.96µg (1.24%), Fiber: 0.31g (1.23%), Vitamin B2: 0.02mg (1.11%), Selenium: 0.73µg (1.04%)