



Spicy Cilantro Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 teaspoon chili powder hot
- 2 cups cilantro leaves fresh chopped
- 3 cloves garlic thinly sliced
- 0.3 cup olive oil
- 0.3 cup pumpkin seeds (pumpkin seeds)
- 0.5 teaspoon sea salt

Equipment

- food processor

Directions

- Place cilantro in food processor. Pulse until well chopped.
- Add garlic, sea salt, pepitas, and chili powder. Chop well. Using an attachment for adding liquids, add olive oil drop by drop to the running food processor to form a thick paste. Scoop paste into pint jars and store in fridge or freezer.

Nutrition Facts

PROTEIN 4.05% **FAT 91.93%** **CARBS 4.02%**

Properties

Glycemic Index:12, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:3.2991304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Taste

Sweetness: 1.01%, Saltiness: 4.87%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 98.16kcal (4.91%), Fat: 10.36g (15.93%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.1g (0.12%), Cholesterol: 0mg (0%), Sodium: 198.23mg (8.62%), Protein: 1.03g (2.05%), Vitamin K: 22.26µg (21.2%), Vitamin E: 1.52mg (10.14%), Manganese: 0.17mg (8.54%), Vitamin A: 385.16IU (7.7%), Magnesium: 17.68mg (4.42%), Phosphorus: 37.99mg (3.8%), Copper: 0.05mg (2.66%), Vitamin C: 1.96mg (2.37%), Iron: 0.42mg (2.34%), Zinc: 0.26mg (1.71%), Potassium: 57.13mg (1.63%), Vitamin B6: 0.03mg (1.61%), Fiber: 0.37g (1.48%), Folate: 4.92µg (1.23%), Vitamin B3: 0.21mg (1.06%)