



Spicy Cilantro Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



89 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup almonds toasted sliced
- 2 cups cilantro leaves fresh
- 2 cloves garlic
- 1 tablespoon juice of lemon fresh
- 0.5 cup olive oil
- 0.5 tablespoon pepper flakes red crushed

Equipment

- food processor

frying pan

Directions

- Toast almonds in small skillet over medium-low heat until light golden brown, 5 to 7 minutes.
- Remove from heat and set aside to cool.
- Heat 1 teaspoon olive oil in a small skillet over medium-low heat. Cook the garlic cloves in the hot oil until softened, about 5 minutes. Set aside to cool to room temperature; chop.
- Pulse the almonds, garlic, and cilantro together in a food processor until roughly chopped. Slowly stream the 1/2 cup olive oil into the mixture with the food processor running continually.
- Add the lemon juice, red pepper, salt and pepper and continue processing until smooth.

Nutrition Facts

 **PROTEIN 6.95%**  **FAT 81.17%**  **CARBS 11.88%**

Properties

Glycemic Index:18, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:5.4178260694379%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 88.75kcal (4.44%), Fat: 8.47g (13.03%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 20.54mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin K: 29.13µg (27.75%), Vitamin E: 2.84mg (18.92%), Vitamin A: 836.76IU (16.74%), Manganese: 0.21mg (10.4%), Fiber: 1.33g (5.33%), Vitamin B2: 0.09mg (5.3%), Vitamin C: 4.09mg (4.95%), Magnesium: 19.69mg (4.92%), Copper: 0.09mg (4.62%), Phosphorus: 37.09mg (3.71%), Iron:

0.59mg (3.26%), Potassium: 113.26mg (3.24%), Vitamin B6: 0.06mg (3.05%), Calcium: 27.12mg (2.71%), Folate: 8.56µg (2.14%), Vitamin B3: 0.43mg (2.13%), Zinc: 0.28mg (1.88%), Vitamin B1: 0.02mg (1.57%), Selenium: 0.73µg (1.04%)