



Spinach and Pea Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup blanched baby spinach
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup cashew nuts unsalted
- ☐ 1 large handful basil fresh
- ☐ 1 clove garlic
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan grated

☐ 0.8 cup peas frozen (I prefer petit pois as they are sweeter)

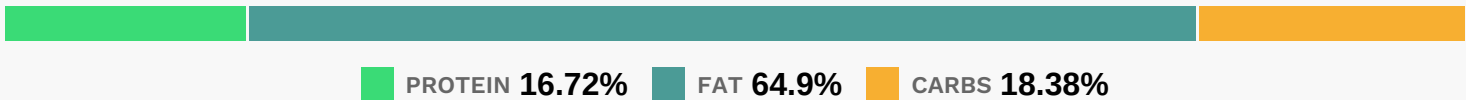
Equipment

☐ food processor

Directions

☐ Simply add all your ingredients to a food processor and whizz. Pesto is one of those things that isn't an exact science, so you can add less garlic, more olive oil, less or more cheese. Just taste it and adjust it until it has the right texture and the flavour you like. Leave the parmesan out if you want a vegan version, which is just as delicious. It is just gorgeous!

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:6.3073912373056%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 106.11kcal (5.31%), Fat: 7.93g (12.2%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.37g (1.52%), Cholesterol: 4.25mg (1.42%), Sodium: 104.9mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin K: 27.17µg (25.88%), Manganese: 0.25mg (12.31%), Phosphorus: 108.73mg (10.87%), Copper: 0.21mg (10.57%), Vitamin A: 518.32IU (10.37%), Vitamin C: 7.42mg (8.99%), Calcium: 85.8mg (8.58%), Magnesium: 34.28mg (8.57%), Zinc: 0.83mg (5.57%), Iron: 0.93mg (5.18%), Vitamin B1: 0.08mg (5.13%), Selenium: 3.35µg (4.79%), Folate: 19.14µg (4.78%), Fiber: 1.17g (4.66%), Vitamin E: 0.58mg (3.83%), Vitamin B6: 0.08mg (3.79%), Potassium: 118.58mg (3.39%), Vitamin B2: 0.05mg (3.03%), Vitamin B3: 0.42mg (2.11%), Vitamin B12: 0.08µg (1.25%), Vitamin B5: 0.12mg (1.21%)