



Spinach-Herb Pesto

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



50 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 5 oz baby spinach
- 1 tablespoon basil fresh chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon mint leaves fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 0.3 cup olive oil

- 2 oz freshly parmesan cheese shredded
- 0.3 teaspoon salt

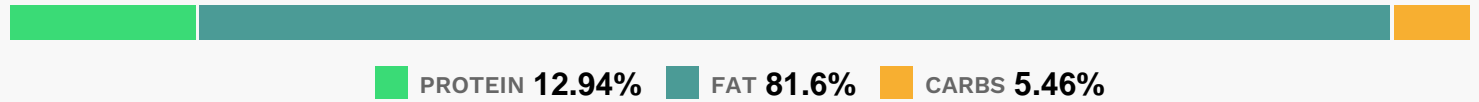
Equipment

- food processor

Directions

- Pulse first 8 ingredients in a food processor 6 to 7 times or until finely chopped.
- Add Parmesan cheese and oil; process until smooth, stopping to scrape down sides as needed. Use immediately, or store in refrigerator up to 48 hours. If chilled, let stand at room temperature 30 minutes before using; stir until blended.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:4.6678261420001%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 49.66kcal (2.48%), Fat: 4.62g (7.11%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.13g (0.14%), Cholesterol: 2.57mg (0.86%), Sodium: 106.93mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin K: 48.51µg (46.2%), Vitamin A: 924.95IU (18.5%), Calcium: 55.1mg (5.51%), Vitamin E: 0.72mg (4.83%), Folate: 19.14µg (4.78%), Manganese: 0.09mg (4.55%), Vitamin C: 3.7mg (4.48%), Phosphorus: 31.44mg (3.14%), Magnesium: 9.42mg (2.35%), Vitamin B2: 0.03mg (1.84%), Iron: 0.32mg (1.77%), Potassium: 59.9mg (1.71%), Selenium: 0.98µg (1.4%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.16mg (1.06%)