



Spinach Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



48

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 10 ounces pkt spinach fresh packed
- ☐ 1 cup basil fresh packed
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 cup pinenuts chopped
- ☐ 1 cup olive oil
- ☐ 8 garlic clove
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

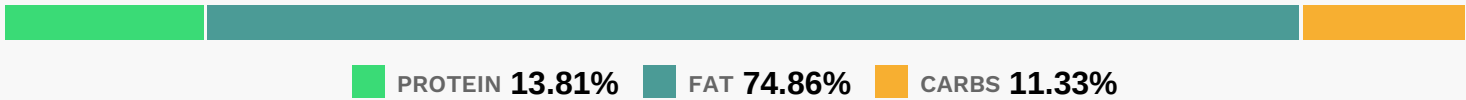
Equipment

☐ food processor

Directions

- ☐ Place all ingredients in food processor. Cover and process about 3 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth.
- ☐ Store covered in refrigerator up to 3 days or in freezer up to 3 months.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:3.4834782860201%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 28.44kcal (1.42%), Fat: 2.47g (3.81%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.08g (0.09%), Cholesterol: 1.81mg (0.6%), Sodium: 65.5mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.05%), Vitamin K: 31.96µg (30.44%), Vitamin A: 598.73IU (11.97%), Manganese: 0.19mg (9.7%), Folate: 12.42µg (3.1%), Vitamin E: 0.4mg (2.64%), Calcium: 26.35mg (2.63%), Phosphorus: 25.25mg (2.52%), Magnesium: 9.39mg (2.35%), Vitamin C: 1.92mg (2.32%), Iron: 0.28mg (1.54%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.48%), Potassium: 48.82mg (1.39%), Vitamin B2: 0.02mg (1.32%), Selenium: 0.87µg (1.24%), Vitamin B6: 0.02mg (1.08%)