



Spinach Pesto (aka Spanakopita Pesto)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby spinach packed ()
- ☐ 0.3 cup feta
- ☐ 0.3 cup herbs fresh chopped (, I used a combination of parsley, dill and mint)
- ☐ 1 clove garlic
- ☐ 0.5 juice of lemon (juice and zest)
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons walnuts toasted ()

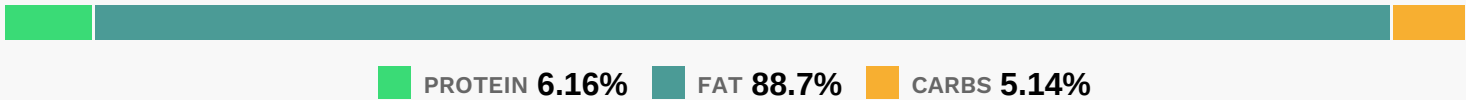
Equipment

☐ food processor

Directions

☐ Place everything into a food processor and blend.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:9.5600000257077%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 155.38kcal (7.77%), Fat: 15.85g (24.38%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.3g (0.33%), Cholesterol: 8.34mg (2.78%), Sodium: 309.17mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin K: 104.36µg (99.39%), Vitamin A: 1060.03IU (21.2%), Manganese: 0.26mg (13%), Vitamin E: 1.75mg (11.67%), Vitamin C: 8.85mg (10.72%), Folate: 28.92µg (7.23%), Calcium: 65.53mg (6.55%), Vitamin B2: 0.11mg (6.23%), Phosphorus: 56.19mg (5.62%), Copper: 0.1mg (5.04%), Vitamin B6: 0.1mg (4.78%), Magnesium: 17.9mg (4.47%), Iron: 0.72mg (3.99%), Zinc: 0.52mg (3.44%), Vitamin B1: 0.04mg (2.86%), Potassium: 97.5mg (2.79%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.84µg (2.63%), Fiber: 0.65g (2.6%), Vitamin B5: 0.15mg (1.48%), Vitamin B3: 0.26mg (1.3%)