



Stinging Nettle Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 6 cups stinging nettles raw chopped
- 0.5 cup parmesan
- 0.5 cup pinenuts
- 5 large garlic clove
- 0.5 cup olive oil
- 1 tablespoon juice of lemon
- 12 servings salt and pepper to taste

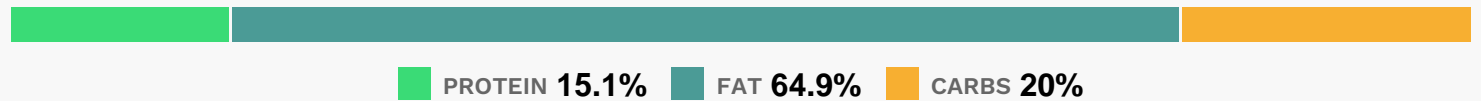
Equipment

- food processor
- salad spinner
- tongs

Directions

- Using tongs, blanch nettles for a minute or two in boiling water to neutralize the sting.
- Remove to a salad spinner and shake off excess water, then ball up your nettles and give one good squeeze to wring out more water.
- Chop nettles and add to a food processor with roasted pine nuts (or walnuts, if you prefer), grated Parmesan, garlic cloves, lemon juice, and seasoning.
- Pour half the olive oil in and...Whirrrr.
- Pour the rest of the oil in. Whir again, until your preferred consistency.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:11.679130434783%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 3.07%, Saltiness: 26.29%, Sourness: 8.77%, Bitterness: 5.93%, Savoriness: 3.84%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 90.93kcal (4.55%), Fat: 6.78g (10.43%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.39g (0.43%), Cholesterol: 2.83mg (0.94%), Sodium: 262.69mg (11.42%), Protein: 3.55g (7.1%), Vitamin K: 226.08µg (215.32%), Manganese: 0.86mg (43.21%), Calcium: 266.75mg (26.68%), Vitamin A: 929.26IU (18.59%), Fiber: 3.31g (13.23%), Magnesium: 41.71mg (10.43%), Phosphorus: 94.87mg (9.49%),

Iron: 1.11mg (6.16%), Vitamin B2: 0.1mg (5.84%), Copper: 0.11mg (5.67%), Potassium: 192.4mg (5.5%), Vitamin E: 0.8mg (5.31%), Zinc: 0.64mg (4.3%), Vitamin B6: 0.07mg (3.55%), Vitamin B3: 0.44mg (2.2%), Folate: 8.72µg (2.18%), Vitamin B1: 0.03mg (1.9%), Selenium: 1.29µg (1.84%), Vitamin C: 0.92mg (1.11%)