



## Sun-Dried Tomato Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 0.5 cup flat-leaf parsley fresh loosely packed
- 3 garlic cloves
- 1 tablespoon juice of lemon
- 0.5 cup olive oil
- 0.5 cup parmesan cheese grated
- 0.3 cup pinenuts
- 6 oz sun-dried tomato halves
- 3 tablespoons water cold

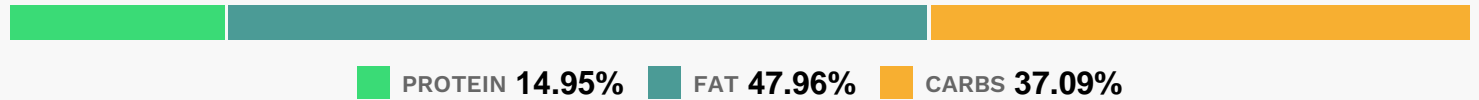
# Equipment

food processor

# Directions

Process all ingredients in a food processor until smooth, stopping to scrape down sides as needed.

# Nutrition Facts



# Properties

Glycemic Index:9.2, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:10.641304287574%

# Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 109.49kcal (5.47%), Fat: 6.41g (9.85%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.81g (3.2%), Sugar: 6.59g (7.33%), Cholesterol: 4.35mg (1.45%), Sodium: 107.88mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin K: 59.73µg (56.89%), Manganese: 0.64mg (31.77%), Potassium: 634.58mg (18.13%), Copper: 0.3mg (14.81%), Vitamin C: 11.55mg (14%), Phosphorus: 114.9mg (11.49%), Magnesium: 45.08mg (11.27%), Iron: 1.97mg (10.94%), Fiber: 2.34g (9.36%), Vitamin A: 445.78IU (8.92%), Vitamin B3: 1.74mg (8.69%), Vitamin B1: 0.11mg (7.21%), Calcium: 69.47mg (6.95%), Vitamin B2: 0.11mg (6.6%), Zinc: 0.82mg (5.44%), Vitamin E: 0.68mg (4.52%), Folate: 17.9µg (4.48%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.08mg (3.91%), Vitamin B12: 0.07µg (1.13%)