



## Sun-Dried Tomato Pesto

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**1**

CALORIES



**1316 kcal**

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 3 cloves garlic
- 0.8 cup parmesan cheese grated
- 0.3 cup pinenuts
- 0.5 cup sun-dried tomatoes undrained in oil
- 0.3 cup vegetable oil

### Equipment

- food processor
- blender

## Directions

- Place all ingredients in food processor. (Do not use blender.)
- Cover and process about 3 minutes, stopping occasionally to scrape sides, until smooth.

## Nutrition Facts

**PROTEIN 8.88%** **FAT 82.43%** **CARBS 8.69%**

## Properties

Glycemic Index:30, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:37.584348118824%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 1315.82kcal (65.79%), Fat: 124.54g (191.6%), Saturated Fat: 25.41g (158.81%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 24.9g (9.06%), Sugar: 1.35g (1.5%), Cholesterol: 65.25mg (21.75%), Sodium: 1461.01mg (63.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.36%), Manganese: 3.44mg (172.06%), Vitamin K: 153.25µg (145.96%), Phosphorus: 759.78mg (75.98%), Vitamin C: 59.07mg (71.6%), Calcium: 710.54mg (71.05%), Vitamin E: 9.48mg (63.22%), Selenium: 29.41µg (42.02%), Zinc: 5.96mg (39.72%), Magnesium: 157.76mg (39.44%), Copper: 0.76mg (38.13%), Potassium: 1236.33mg (35.32%), Vitamin B2: 0.56mg (32.7%), Vitamin A: 1366.65IU (27.33%), Iron: 3.85mg (21.36%), Vitamin B6: 0.38mg (18.98%), Fiber: 4.63g (18.51%), Vitamin B3: 3.6mg (18%), Vitamin B1: 0.27mg (17.82%), Vitamin B12: 1.01µg (16.88%), Folate: 28.9µg (7.22%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.38µg (2.5%)