



Sun-Dried Tomato Pesto

 **Gluten Free**

READY IN



20 min.

SERVINGS



10

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup balsamic vinegar
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 tablespoon garlic chopped
- 0.5 cup olive oil
- 3 tablespoons onion chopped
- 0.5 cup parmesan cheese grated

- 0.3 cup pinenuts chopped
- 0.3 cup red wine
- 10 servings salt to taste
- 4 ounces sun-dried olives
- 1 tablespoon tomato paste
- 0.3 cup canned tomatoes crushed

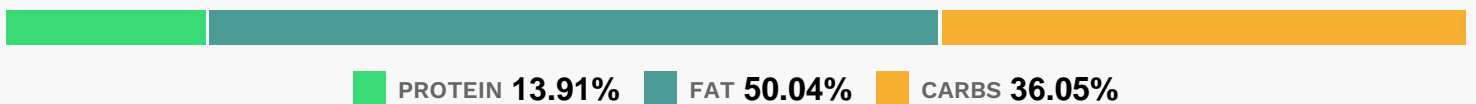
Equipment

- food processor
- bowl
- blender

Directions

- Place sun-dried tomatoes in a bowl and cover with warm water for 5 minutes, or until tender.
- In a food processor or blender combine sun-dried tomatoes, basil, parsley, garlic, pine nuts and onion; process until well blended.
- Add vinegar, tomato paste, crushed tomatoes and red wine, and process. Stir in olive oil and Parmesan cheese. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:7.7934782731792%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg

Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin:
0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:
0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg
Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 6.25g (9.62%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 10.14g (3.38%), Net
Carbohydrates: 8.29g (3.02%), Sugar: 6.07g (6.75%), Cholesterol: 4.35mg (1.45%), Sodium: 319.26mg (13.88%),
Alcohol: 0.64g (100%), Alcohol %: 1.38% (100%), Protein: 3.91g (7.82%), Manganese: 0.57mg (28.74%), Vitamin K:
25.18µg (23.98%), Potassium: 487.37mg (13.92%), Copper: 0.24mg (11.92%), Phosphorus: 100.98mg (10.1%),
Magnesium: 37.41mg (9.35%), Vitamin C: 7.24mg (8.78%), Iron: 1.57mg (8.75%), Fiber: 1.85g (7.38%), Vitamin B3:
1.37mg (6.83%), Calcium: 67.53mg (6.75%), Vitamin A: 294.93IU (5.9%), Vitamin B1: 0.08mg (5.65%), Vitamin E:
0.84mg (5.57%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.74mg (4.9%), Vitamin B6: 0.08mg (3.97%), Selenium: 2.67µg
(3.82%), Folate: 12.81µg (3.2%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.07µg (1.13%)