



Sun Dried Tomato Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons basil leaves fresh
- ☐ 1 clove garlic
- ☐ 3 tablespoons olive oil dried (or oil from sun tomatoes)
- ☐ 2 tablespoons parmigiano reggiano grated ()
- ☐ 2 tablespoons pinenuts toasted ()
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 cup sun tomatoes dried packed (minus the oil they were in)

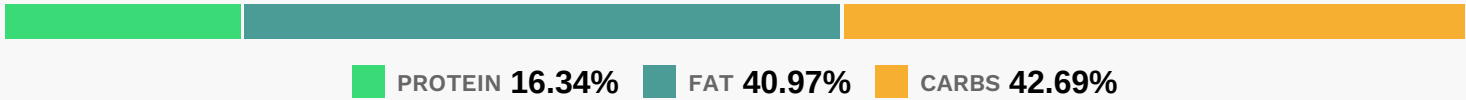
Equipment

☐ food processor

Directions

☐ Place everything into a food processor and puree.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:16.962608686608%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 179.9kcal (8.99%), Fat: 9.19g (14.14%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 16.81g (6.11%), Sugar: 13.58g (15.09%), Cholesterol: 3.4mg (1.13%), Sodium: 311.88mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Manganese: 1.58mg (78.79%), Potassium: 1276.76mg (36.48%), Copper: 0.64mg (32.15%), Vitamin K: 28.85µg (27.48%), Magnesium: 96.86mg (24.22%), Phosphorus: 220.21mg (22.02%), Iron: 3.87mg (21.48%), Fiber: 4.74g (18.95%), Vitamin B3: 3.65mg (18.24%), Vitamin C: 14.63mg (17.73%), Vitamin B1: 0.23mg (15.12%), Vitamin B2: 0.21mg (12.57%), Calcium: 105.68mg (10.57%), Zinc: 1.51mg (10.09%), Vitamin A: 453.48IU (9.07%), Vitamin B5: 0.8mg (7.98%), Vitamin B6: 0.15mg (7.59%), Folate: 28.95µg (7.24%), Vitamin E: 0.96mg (6.43%), Selenium: 3.34µg (4.77%)