



Sun-Dried Tomato Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 4 garlic cloves
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons pinenuts
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 0.5 cup sun-dried tomatoes packed
- ☐ 0.8 cup water boiling

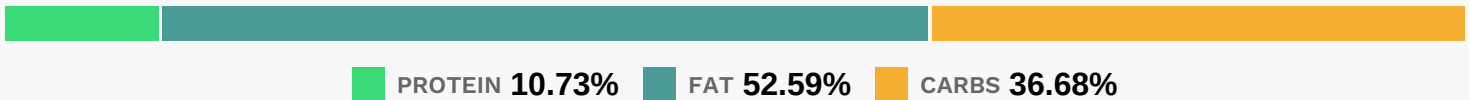
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine sun-dried tomatoes and boiling water in a bowl, and let stand 4 minutes.
- ☐ Drain and chop.
- ☐ Combine tomatoes, plum tomato, and remaining ingredients in a blender or food processor, and process 20 seconds or until a paste forms.
- ☐ Note: Pesto can be stored in refrigerator in an airtight container.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:5.2108695196069%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 58.01kcal (2.9%), Fat: 3.74g (5.76%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.47g (3.86%), Cholesterol: 0mg (0%), Sodium: 10.35mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Manganese: 0.43mg (21.35%), Vitamin K: 14µg (13.33%), Potassium: 331.7mg (9.48%), Vitamin C: 7.5mg (9.1%), Copper: 0.16mg (8.11%), Vitamin A: 386.59IU (7.73%), Magnesium: 24.48mg (6.12%), Fiber: 1.36g (5.43%), Iron: 0.93mg (5.16%), Phosphorus: 49.13mg (4.91%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.66mg (4.39%), Vitamin B1: 0.06mg (3.99%), Vitamin B6: 0.07mg (3.49%), Vitamin B2: 0.05mg (2.81%), Folate: 11.03µg (2.76%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.19mg (1.9%), Calcium: 17.11mg (1.71%)