



Swiss Chard Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



89 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients



1 handful cilantro leaves coarsely chopped



2 cloves garlic



1 jalapeño coarsely chopped



0.5 juice of lime



0.5 cup olive oil



0.3 cup pepitas toasted



4 servings salt and freshly pepper to taste



1 bunch swiss chard coarsely chopped

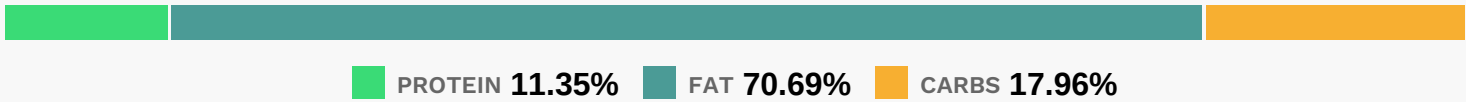
Equipment

☐ food processor

Directions

☐ Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:16.003913153773%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 88.76kcal (4.44%), Fat: 7.54g (11.6%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.11g (1.24%), Cholesterol: 0mg (0%), Sodium: 354.82mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin K: 629.84µg (599.85%), Vitamin A: 4694.86IU (93.9%), Vitamin C: 28.59mg (34.65%), Manganese: 0.49mg (24.51%), Magnesium: 85.89mg (21.47%), Vitamin E: 2.44mg (16.28%), Iron: 1.79mg (9.94%), Copper: 0.2mg (9.87%), Potassium: 341mg (9.74%), Phosphorus: 88.03mg (8.8%), Fiber: 1.61g (6.45%), Vitamin B6: 0.12mg (5.81%), Vitamin B2: 0.08mg (4.7%), Calcium: 44.59mg (4.46%), Zinc: 0.61mg (4.09%), Folate: 14.81µg (3.7%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.19mg (1.89%), Selenium: 1.29µg (1.84%)