



The Best Arugula Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups arugula packed
- 0.5 cup olive oil extra virgin
- 0.3 cup parsley fresh italian packed
- 3 garlic clove
- 1 cup parmesan cheese grated
- 1 teaspoon salt
- 0.3 cup walnut pieces roughly chopped

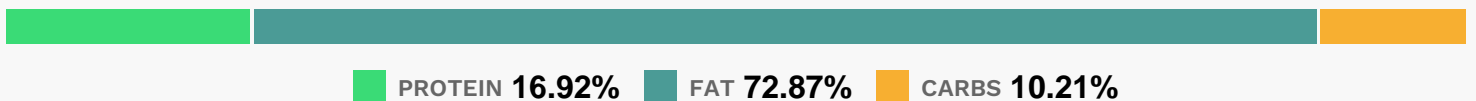
Equipment

- food processor
- bowl
- blender
- ice cube tray

Directions

- The great thing about a pesto is that it is so simple to make! I cant believe I dont make it more often! You take all the arugula, walnuts, garlic and parsley and put it in your blender or food processor. Give it a pulse a few times to chop everything down a little bit. Now you are going to pour in the oil while you hit the pulse button to make sure the pesto is mixing while the oil is added. Take off the lid and you are almost done! Scoop the pesto out and into a dish or a bowl or a jar. **Cooking Tip**** At this point if you wanted to can this you could. Or you can scoop it into an ice cube tray and freeze it! after about 6 hours when it is frozen just pop them out and put the pesto cubes in a zip lock bag or air tight container and freeze them! They will keep for a month! Then anytime you want to add it to a recipe you can pop it out and toss it in and kick anything you are making up a notch! Once it is thawed out you can stir in the Parmesan cheese. Now you want to add the grated Parmesan. At this point you need to test it and see how much salt you need to add. You can add a dash in when you are blending it but the Parmesan cheese is salty so I like to wait until after and if it needs a little bit then I add it in at the end. This way I can make sure it is not too salty or too bland. Once you have salted it and stirred it up you are done!

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:7.0965217391304%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Taste

Sweetness: 4.02%, Saltiness: 53.76%, Sourness: 3.39%, Bitterness: 5.29%, Savoriness: 8.87%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 138.67kcal (6.93%), Fat: 11.52g (17.72%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.31g (0.35%), Cholesterol: 14.5mg (4.83%), Sodium: 682.87mg (29.69%), Protein: 6.02g (12.03%), Vitamin K: 50.87µg (48.45%), Calcium: 169.22mg (16.92%), Phosphorus: 129.75mg (12.97%), Manganese: 0.23mg (11.6%), Vitamin A: 514.08IU (10.28%), Selenium: 6.31µg (9.01%), Zinc: 0.95mg (6.33%), Vitamin C: 4.86mg (5.89%), Copper: 0.1mg (4.89%), Magnesium: 18.3mg (4.58%), Vitamin E: 0.69mg (4.57%), Vitamin B2: 0.07mg (4.39%), Folate: 16.09µg (4.02%), Vitamin B12: 0.23µg (3.75%), Vitamin B6: 0.07mg (3.27%), Iron: 0.52mg (2.88%), Potassium: 96.75mg (2.76%), Fiber: 0.55g (2.19%), Vitamin B1: 0.03mg (1.95%), Vitamin B5: 0.13mg (1.3%)