



## Three Pepper Pesto

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 0.3 cup tightly basil leaves packed
- 6 servings ground pepper black to taste
- 0.3 cup olive oil extra-virgin
- 0.7 cup parmesan cheese grated
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon pepper flakes red

## Equipment

- food processor

blender

## Directions

Place the Parmesan cheese and olive oil in a blender or food processor; blend until smooth.

Add the red bell pepper, basil, red pepper flakes, and black pepper; blend again until smooth.

## Nutrition Facts

**PROTEIN 10.47%** **FAT 82.71%** **CARBS 6.82%**

## Properties

Glycemic Index:22.33, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.3100000101587%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 12.17g (18.72%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.54g (0.6%), Cholesterol: 9.67mg (3.22%), Sodium: 196.55mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 16.07mg (19.48%), Vitamin A: 562.88IU (11.26%), Vitamin E: 1.59mg (10.6%), Calcium: 101.67mg (10.17%), Vitamin K: 10.62µg (10.11%), Phosphorus: 74.64mg (7.46%), Selenium: 3.93µg (5.61%), Zinc: 0.52mg (3.5%), Vitamin B2: 0.05mg (2.98%), Vitamin B12: 0.15µg (2.5%), Manganese: 0.05mg (2.45%), Vitamin B6: 0.05mg (2.44%), Folate: 7.1µg (1.77%), Magnesium: 6.31mg (1.58%), Potassium: 52.64mg (1.5%), Fiber: 0.33g (1.32%), Iron: 0.21mg (1.16%)