



Walnut Parsley Pesto



Gluten Free



Popular

READY IN



15 min.

SERVINGS



5

CALORIES



242 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup walnuts shelled
- ☐ 2 cups parsley chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 3 garlic cloves roughly chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup olive oil extra virgin

Equipment

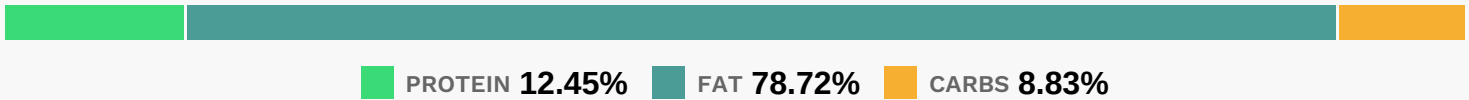
- ☐ food processor

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Put the walnuts, parsley, cheese, garlic, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl, then pulse again.
- ☐ Drizzle in the olive oil while the machine is running just long enough to incorporate the oil, about 20–30 seconds.
- ☐ Use immediately or cover with plastic wrap and refrigerate to store. Will last several days chilled.
- ☐ Use with pasta or as a spread on bread or toast.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:16.915217527877%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Apigenin: 51.73mg, Apigenin: 51.73mg, Apigenin: 51.73mg, Apigenin: 51.73mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 3.59mg, Myricetin: 3.59mg, Myricetin: 3.59mg, Myricetin: 3.59mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 241.75kcal (12.09%), Fat: 22.36g (34.4%), Saturated Fat: 3.7g (23.16%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.91g (1.01%), Cholesterol: 6.8mg (2.27%), Sodium: 407.05mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin K: 397.03µg (378.13%), Manganese: 0.87mg (43.5%), Vitamin A: 2104.7IU (42.09%), Vitamin C: 32.79mg (39.74%), Copper: 0.42mg (20.83%), Calcium: 177.9mg (17.79%), Phosphorus: 167.04mg (16.7%), Folate: 60.17µg (15.04%), Magnesium: 53.83mg (13.46%), Iron: 2.31mg (12.82%), Fiber: 2.4g (9.59%), Vitamin B6: 0.18mg (8.93%), Zinc: 1.28mg (8.51%), Potassium: 252.66mg (7.22%), Vitamin B1: 0.11mg (7.2%), Vitamin E: 0.99mg (6.6%), Vitamin B2: 0.09mg (5.52%), Selenium: 3.68µg (5.25%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.29mg (2.85%), Vitamin B12: 0.12µg (2%)