

SAUCES & DIPS

Walnut Pesto

18 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$1.55	315 kcal

Walnut Pesto might be just the condiment you are searching for. This recipe makes 5 servings with 315 calories, 9g of protein, and 30g of fat each. For \$1.55 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 5 servings Crushed red pepper
- ☐ 2 garlic cloves, finely chopped
- ☐ ½ cup extra-virgin olive oil
- ☐ 5 servings Try Build-A-Meal
- ☐ ¼ cup minced flat-leaf parsley
- ☐ 5 servings Kosher salt
- ☐ ½ cup freshly grated Parmesan cheese
- ☐ 6 ounces 1/2 cups walnut halves

EQUIPMENT Food processor, Baking sheet, Oven, Mortar and pestle

Method

- 1

Preheat the oven to 35
- 2

Spread the walnuts on a rimmed baking sheet and toast for 12 minutes, or until golden. Cool the walnuts and finely chop.
- 3

In a mortar, mash the garlic with a pinch each of crushed red pepper and salt until a paste forms.
- 4

Add the walnuts and parsley and pound to a coarse paste. Slowly add the olive oil, pounding and stirring until blended. Stir in the Parmesan and season with salt. Notes: If you don't have a mortar, make the pesto in a food processor, quickly pulsing the ingredients.

Nutrition per serving

315

KCAL

9 g

PROTEIN

30 g

FAT

8 g

CARBS

Saturated Fat	4.3 g · 27% of daily needs
Fibre	3.3 g · 13% of daily needs
Sugar	1.1 g · 1% of daily needs
Sodium	404 mg · 18% of daily needs
Cholesterol	8.7 mg · 3% of daily needs
Vitamin C	4.8 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/walnut-pesto-143343