

Cilantro Pesto

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Yield: 1 3/4 cups

3 cloves garlic
3/4 cup packed fresh cilantro
1/2 cup packed fresh parsley
1/2 cup extra-virgin olive oil
1/3 cup Parmigiano-Reggiano cheese,
grated
1/4 cup chopped walnuts
1 tablespoon fresh lemon juice
1/2 teaspoon Kosher salt
1/2 teaspoon coarsely ground black
pepper

Place the garlic into a food processor. Pulse to chop.

Add the cilantro, parsley, oil, cheese, walnuts, lemon juice, salt and pepper. Process until a thin paste forms.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 1162 Calories; 126g Fat (94.6% calories from fat); 8g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 942mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 24 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1162
% Calories from Fat:	94.6%
% Calories from Carbohydrates:	2.7%
% Calories from Protein:	2.8%
Total Fat (g):	126g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	84g
Polyunsaturated Fat (g):	21g
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	8g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1

Sodium (mg): 942mg
Potassium (mg): 219mg
Calcium (mg): 36mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 96IU
Vitamin A (r.e.): 9 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 24 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1162 Calories from Fat: 1098

% Daily Values*

Total Fat	126g	193%
Saturated Fat	16g	79%
Cholesterol	0mg	0%
Sodium	942mg	39%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	8g	
Vitamin A		2%
Vitamin C		18%
Calcium		4%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.