

Simple Sorrel Pesto

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Servings: 6

2 fat cloves, garlic
2/3 cup pumpkin seed kernels, pine
nuts or walnuts
20 leaves sorrel
1/3 cup extra-virgin olive oil
1/4 teaspoon coarse salt
1/2 cup Parmigiano-Reggiano cheese,
grated

Place the garlic into a food processor. Process until minced.

Add the pumpkin seeds. Process until ground. Add the sorrel. Process.

Add the olive oil and salt. Process until creamy.

Stir in the cheese.

Serve with pasta.

Per Serving (excluding unknown items): 112 Calories; 12g Fat (95.0% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):		112	Vitamin B6 (mg):		trace
% Calories from Fat:		95.0%	Vitamin B12 (mcg):		0mcg
% Calories from Carbohydrates:		4.6%	Thiamin B1 (mg):		0mg
% Calories from Protein:		0.4%	Riboflavin B2 (mg):		trace
Total Fat (g):		12g	Folacin (mcg):		2mcg
Saturated Fat (g):		2g	Niacin (mg):		trace
Monounsaturated Fat (g):		9g	Caffeine (mg):		0mg
Polyunsaturated Fat (g):		1g	Alcohol (kcal):		0
Cholesterol (mg):		0mg	% Refuse:		0.0%
Carbohydrate (g):		1g	Food Exchanges		
Dietary Fiber (g):		1g	Grain (Starch):		0
Protein (g):		trace	Lean Meat:		0
Sodium (mg):		84mg	Vegetable:		0

Potassium (mg): 24mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 12IU
Vitamin A (r.e.): 1RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 112 Calories from Fat: 106

% Daily Values*

Total Fat 12g 19%
Saturated Fat 2g 9%
Cholesterol 0mg 0%
Sodium 84mg 3%
Total Carbohydrates 1g 0%
Dietary Fiber 1g 3%
Protein trace

Vitamin A 0%
Vitamin C 3%
Calcium 1%
Iron 1%

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