

Almond and Italian Parsley Pesto

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-italian-parsley>

Ingredients:

- 1/2 cup whole almonds toasted
- 1 cup Italian parsley chopped, or basil if you prefer
- 1 clove minced garlic
- 1/3 cup grated Parmesan cheese finely
- extra-virgin olive oil
- 1 pinch black pepper

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 15 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams

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