

Nettle and Ramps Pesto (Dairy Free)

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-stinging-nettle-italian>

Ingredients:

- 13/16 cup stinging nettle
- 7/8 ounce ramps about 2 cups packed
- 5 3/8 tablespoons extra virgin olive oil
- 1/2 teaspoon salt unrefined, 1/2 tsp
- 2 1/2 tablespoons nutritional yeast
- 2 9/16 tablespoons walnuts preferably soaked overnight

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 6 grams
3. Fat: 22 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 310 milligrams

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