

# Tomato Pesto

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-pesto-recipe-south-africa>

## Ingredients:

- 1 tomato medium
- 1/2 cup sun-dried tomatoes if using oil cured reserved 2 T of the oil to add in later
- 1 garlic clove
- 1/2 cup fresh basil
- 1 tablespoon fresh tarragon optional
- 1/2 teaspoon sweet paprika
- 1/4 cup walnut halves toasted
- 1/2 cup grated Parmesan
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 630 milligrams
9. Sugar: 4 grams

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