

## N31 RAW PINE NUTS



### Nutrition Facts

Serving Size about 3 tsp (30g)

#### Amount Per Serving

**Calories** 200 **Cals. From Fat** 190

#### % Daily Value\*\*

<b>Total Fat</b>	21 g	27%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	0 mg	0%
<b>Total Carbohydrate</b>	4 g	1%
Dietary Fiber	1 g	4%
Sugars	1 g	
<b>Protein</b>	4 g	

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 10%

\*\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

#### Source of Nutritional Information

##### Ingredients

Pine nuts. Contains tree nuts.

##### Handling And Storage

Store in a dry, cool place.

### Points Of Interest

Perhaps best known for their role in traditional Italian pesto sauce, pine nuts have a rich, buttery flavor and smooth texture. Our versatile Raw Pine Nuts can be used in both sweet and savory applications.

- Small, smooth kernels
- Soft crunch
- Buttery flavor with subtle pine notes

### Suggested Uses

- Crush and use to encrust chicken or fish
- Blend with basil, garlic, and olive oil for a simple pesto sauce
- Incorporate into authentic Italian cookies and desserts

### Basic Preparation

Ready to use. Add to taste.

### Recipe

Toasted Pesto

- 2 cups fresh basil
- 4 ounces Raw Pine Nuts
- 4 cloves garlic
- 2/3 cup olive oil
- 1/2 cup grated parmesan cheese
- 1 pound cooked pasta

Preheat oven to 300°F.

Add pine nuts to sheet pan or skillet and place in oven. Allow nuts to toast gently for 10 to 15 minutes, stirring or mixing frequently. Set nuts aside to cool completely.

Boil 1 quart of water with 1/4 cup salt and blanch basil for 5 or 6 seconds. Remove basil into ice water to cease cooking and hold color. Using a paper or cloth towel, wring out basil to dry.

Combine basil, pine nuts, and garlic in a high-speed blender or food processor, and process until mixture is finely ground. While machine is still running, slowly add olive oil.

Once oil has blended into basil mixture, transfer mixture to a bowl and stir in parmesan cheese.

Toss with 1 pound of warm, cooked pasta.

Makes 4 servings

This simple and easy extra step of toasting the pine nuts will be immediately rewarding. Pesto takes on a whole new flavor that is rich, smoky and invites flavors such as roasted vegetables, grilled chicken or sharp balsamic vinegar.