

How to choose... PESTO

Per 100g - sorted by saturated fat content - lowest to highest

LOOK FOR:

- Less than 5g saturated fat per 100g
- Lower energy – compare per 100g

Brand - Product	Pack Size g	Energy kJ	Fat g	-saturated g	Sodium mg	First 4 Ingredients	Taste Comments
Delmaine Roast capsicum pesto 	100	661	11.2	1.1	172	Capsicum (74%), vegetable oil, cashew nuts, vinegar	Light and flavoursome, slightly sweet, ideal for sauces
Naked Organics Moroccan red pepper with cashew and drizzled honey 	150	864	12.8	2.5	491	Red peppers (49%), peanuts, cashews (3%), honey (9%)	Lovely colour, interesting tasty bite with a bit of spice
Genoese Asian mint pesto 	200	1630	35.8	5.0	296	Cashews, sunflower oil, fresh mint (12%), fresh coriander	A bit different from traditional pesto. Delicious!
Essential Cuisine Basil pesto 	150	1780	41	5.2	336	Vegetable oil, basil (28%), parmesan cheese, almond nuts	Traditional Italian pesto flavour, smooth texture
Mediterranean Roasted capsicum with cashew and parmesan 	135	1870	41.3	5.6	356	Cashew nuts (36%), roasted capsicum (25%), vegetable oil (canola), sundried tomatoes	Rich, strong parmesan flavour, a small amount would go a long way.
La Bonne Cuisine Basil and roast garlic 	135	2388	56	6.9	400	Cashew nuts (40%), vegetable oil (canola), basil (12%), parmesan cheese	Good balance of flavours, nutty texture, clear taste of basil
Mediterranean Feta and spinach with cashew and parmesan 	135	1990	46.6	7.2	490	Cashews (29%), vegetable oil (canola), spinach (18%), feta (17%).	Nice flavour alternative to basil, strong rich flavours
Frescarini Pesto cilantro (spicy coriander pesto) 	95	2070	50.8	8.5	325	Canola oil, coriander (27%), parmesan cheese, olive oil	Strong cheese and chilli flavour

Products purchased from Woolworths Bayfair Mount Maunganui and Foodtown New Lynn, September 2007
(These examples were chosen to illustrate the types of products available – there are many more)