



## 15-Year-Old Pesto Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



214 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 2 cups basil leaves fresh
- 2 cloves garlic crushed
- 1 dash nutmeg
- 1 cup olive oil
- 1 cup parmesan cheese grated
- 0.5 cup pinenuts
- 1 teaspoon salt

### Equipment

blender

## Directions

Blend the basil, olive oil, Parmesan cheese, pine nuts, garlic, salt, and nutmeg in a blender until smooth. Use immediately or refrigerate until use.

## Nutrition Facts

    
 **PROTEIN 12.31%**  **FAT 80.15%**  **CARBS 7.54%**

## Properties

Glycemic Index:28.33, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:10.116521697977%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 213.73kcal (10.69%), Fat: 19.68g (30.27%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.57g (1.3%), Sugar: 0.5g (0.55%), Cholesterol: 14.5mg (4.83%), Sodium: 680.13mg (29.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Manganese: 1.12mg (55.94%), Vitamin K: 43.9µg (41.81%), Phosphorus: 176.72mg (17.67%), Calcium: 165.72mg (16.57%), Vitamin E: 2.24mg (14.91%), Vitamin A: 569.69IU (11.39%), Zinc: 1.53mg (10.19%), Magnesium: 39.76mg (9.94%), Copper: 0.19mg (9.55%), Selenium: 6.08µg (8.69%), Iron: 1.02mg (5.65%), Vitamin B2: 0.09mg (5.31%), Vitamin B12: 0.22µg (3.75%), Potassium: 126.17mg (3.6%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.59mg (2.94%), Folate: 10.42µg (2.61%), Vitamin B6: 0.05mg (2.46%), Fiber: 0.6g (2.4%), Vitamin C: 1.85mg (2.24%), Vitamin B5: 0.11mg (1.12%)