

Asian Basil Pesto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



12 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 teaspoon pepper red crushed
- 1.5 tablespoons sesame oil dark
- 2 tablespoons dry-roasted peanuts
- 1 tablespoon fish sauce
- 2 garlic cloves
- 1 tablespoon rice wine vinegar
- 1 tablespoon sugar
- 2 cups thai basil leaves fresh

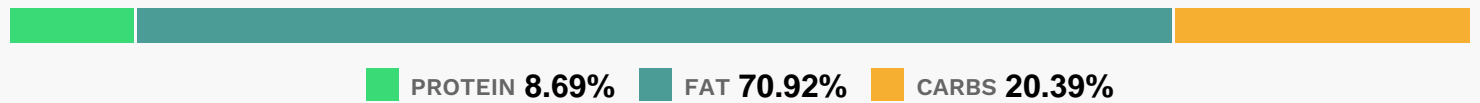
Equipment

- food processor
- plastic wrap

Directions

- Place all ingredients in a food processor; process until smooth. Press plastic wrap onto surface of pesto. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.72347825522656%

Nutrients (% of daily need)

Calories: 11.95kcal (0.6%), Fat: 0.98g (1.51%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 47.99mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 6.38µg (6.08%), Vitamin A: 97.74IU (1.95%), Manganese: 0.04mg (1.89%)