



Basic Basil Pesto

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



85 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 4 cups basil whole packed (8 ounces of basil bunches)
- 1 medium garlic clove finely chopped
- 0.8 teaspoon kosher salt
- 1 ounce parmesan finely grated
- 3 tablespoons pinenuts toasted

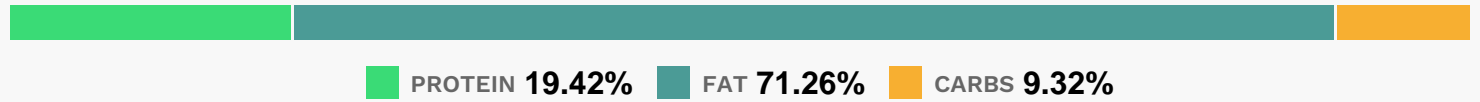
Equipment

- food processor
- bowl

Directions

- Combine all of the ingredients except the oil in the bowl of a food processor fitted with a blade attachment. With the motor running, add the oil in a slow, steady stream until evenly incorporated. Stop and scrape down the sides of the bowl, then pulse to finish incorporating all of the ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:11.680000086841%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.89kcal (4.24%), Fat: 7.12g (10.95%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.41g (0.45%), Cholesterol: 4.82mg (1.61%), Sodium: 550.8mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin K: 103.78µg (98.83%), Manganese: 0.95mg (47.54%), Vitamin A: 1323.59IU (26.47%), Calcium: 129.22mg (12.92%), Phosphorus: 106.9mg (10.69%), Copper: 0.2mg (9.81%), Magnesium: 37.5mg (9.38%), Iron: 1.25mg (6.95%), Vitamin E: 0.91mg (6.05%), Zinc: 0.88mg (5.89%), Vitamin C: 4.61mg (5.59%), Folate: 19.39µg (4.85%), Potassium: 125.19mg (3.58%), Vitamin B2: 0.06mg (3.51%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.57mg (2.85%), Fiber: 0.68g (2.71%), Vitamin B1: 0.04mg (2.65%), Selenium: 1.83µg (2.61%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.11mg (1.1%)