



Basic Basil Pesto

 **Gluten Free**

READY IN



5 min.

SERVINGS



4

CALORIES



244 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
- 0.3 cup olive oil
- 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

 **PROTEIN 6.93%**  **FAT 89.74%**  **CARBS 3.33%**

Properties

Glycemic Index:31.75, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:12.507391296651%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 244.01kcal (12.2%), Fat: 25.12g (38.64%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.41g (0.45%), Cholesterol: 4.82mg (1.61%), Sodium: 551.16mg (23.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin K: 114.61µg (109.15%), Manganese: 0.95mg (47.54%), Vitamin A: 1323.59IU (26.47%), Vitamin E: 3.5mg (23.33%), Calcium: 129.4mg (12.94%), Phosphorus: 106.9mg (10.69%), Copper: 0.2mg (9.81%), Magnesium: 37.5mg (9.38%), Iron: 1.35mg (7.51%), Zinc: 0.88mg (5.89%), Vitamin C: 4.61mg (5.59%), Folate: 19.39µg (4.85%), Potassium: 125.37mg (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%)