



Basic Dairy-Free and Vegan Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients



1 cup basil



1 garlic clove



0.3 cup olive oil extra-virgin



0.3 cup pinenuts



0.1 Teaspoon salt

Equipment

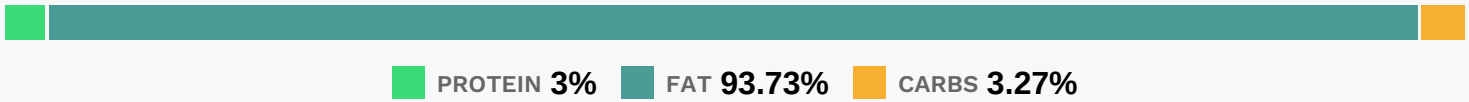


food processor

Directions

Place the pine nuts in a food processor, followed by the garlic, salt, oil, and finally the basil.Press down the basil before securing the lid.Pulse the ingredients about five times to initiate the mixing action.Blend the ingredients until they well combined, but still a little coarse.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:6.2999999963719%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 178.62kcal (8.93%), Fat: 19.31g (29.71%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 73.48mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Manganese: 0.82mg (41.21%), Vitamin K: 37.59µg (35.8%), Vitamin E: 2.78mg (18.53%), Copper: 0.14mg (6.84%), Vitamin A: 319.01IU (6.38%), Magnesium: 25.21mg (6.3%), Phosphorus: 53.02mg (5.3%), Iron: 0.75mg (4.14%), Zinc: 0.6mg (4.01%), Vitamin B1: 0.03mg (2.28%), Vitamin B3: 0.43mg (2.15%), Potassium: 71.23mg (2.04%), Folate: 6.97µg (1.74%), Fiber: 0.42g (1.7%), Vitamin C: 1.38mg (1.67%), Vitamin B2: 0.02mg (1.44%), Calcium: 13.51mg (1.35%), Vitamin B6: 0.03mg (1.33%)