



Basic Dairy-Free Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



357 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil
- ☐ 1 clove garlic
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts
- ☐ 0.1 tsp salt

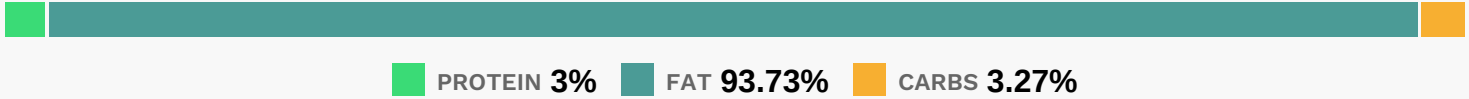
Equipment

- ☐ food processor

Directions

☐ In a food processor, place the pine nuts, then the garlic and salt, then the oil, and then the basil. Press down the basil. Pulse the ingredients about five times to get them mixed a bit. Blend the ingredients until they well combined, leaving a little coarseness.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:12.601739245912%

Flavonoids

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

Nutrients (% of daily need)

Calories: 357.24kcal (17.86%), Fat: 38.63g (59.43%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 146.96mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Manganese: 1.65mg (82.43%), Vitamin K: 75.18µg (71.6%), Vitamin E: 5.56mg (37.06%), Copper: 0.27mg (13.68%), Vitamin A: 638.03IU (12.76%), Magnesium: 50.42mg (12.6%), Phosphorus: 106.05mg (10.6%), Iron: 1.49mg (8.29%), Zinc: 1.2mg (8.02%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.86mg (4.3%), Potassium: 142.46mg (4.07%), Folate: 13.94µg (3.49%), Fiber: 0.85g (3.39%), Vitamin C: 2.76mg (3.35%), Vitamin B2: 0.05mg (2.89%), Calcium: 27.01mg (2.7%), Vitamin B6: 0.05mg (2.65%)