

Basil Cream Sauce

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



413 kcal

SAUCE

Ingredients

- ☐ 2 cups basil fresh
- ☐ 4 cloves garlic minced
- ☐ 1 pint cream light
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 ounces pinenuts
- ☐ 6 servings salt and pepper to taste

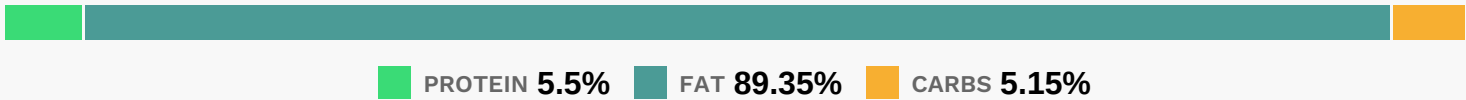
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a food processor, combine basil and garlic. Begin processing, and pour in olive oil in a thin stream. Process for about 40 seconds, or until mixture begins to emulsify.
- ☐ Add pine nuts and Parmesan, then blend for 1 minute.
- ☐ Heat cream in a saucepan over low heat until simmering.
- ☐ Pour 1/2 of the hot cream into the processor with basil pesto, and pulse for 20 seconds to incorporate.
- ☐ Pour mixture back into cream, and simmer for 5 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:10.862174065217%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 413.34kcal (20.67%), Fat: 42.23g (64.98%), Saturated Fat: 18.25g (114.07%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.48g (0.53%), Cholesterol: 94.79mg (31.6%), Sodium: 367.47mg (15.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 0.97mg (48.27%), Vitamin K: 46.02µg (43.83%), Vitamin A: 1295.88IU (25.92%), Vitamin E: 2.98mg (19.87%), Phosphorus: 162.82mg (16.28%), Calcium: 147.58mg (14.76%), Magnesium: 37.78mg (9.45%), Vitamin B2: 0.16mg (9.24%), Copper: 0.17mg (8.53%), Zinc: 1.26mg (8.37%), Selenium: 3.69µg (5.27%), Potassium: 180mg (5.14%), Iron: 0.92mg (5.13%), Vitamin B12: 0.27µg (4.5%), Vitamin B1: 0.06mg (4.15%), Vitamin B6: 0.07mg (3.75%), Vitamin D: 0.51µg (3.43%), Vitamin C: 2.61mg (3.17%), Folate: 12.37µg (3.09%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.54mg (2.7%), Fiber: 0.52g (2.08%)