



 7%
HEALTH SCORE

Basil Grapefruit Pesto

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup basil fresh
- 1 cup basil fresh
- 0.5 grapefruit
- 0.5 cup walnuts
- 0.3 cup olive oil extra virgin
- 0.5 cup asiago cheese
- 1.5 Tablespoon juice of lemon fresh
- 1 Clove garlic

0.8 Teaspoon sea salt

Equipment

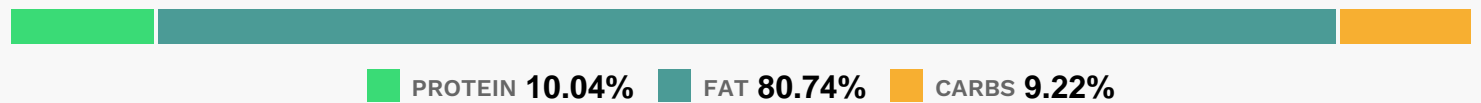
food processor

blender

Directions

Combine all ingredients in a food processor or blender and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:7.6204347826087%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 7.02mg, Naringenin: 7.02mg, Naringenin: 7.02mg, Naringenin: 7.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 47.94%, Saltiness: 16.89%, Sourness: 74.35%, Bitterness: 100%, Savoriness: 29.77%, Fattiness: 93.65%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 188.36kcal (9.42%), Fat: 17.6g (27.08%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.91g (2.13%), Cholesterol: 5.67mg (1.89%), Sodium: 425mg (18.48%), Protein: 4.92g (9.84%), Vitamin K: 39.03µg (37.17%), Manganese: 0.44mg (22.03%), Vitamin A: 734.64IU (14.69%), Calcium: 128.48mg (12.85%), Vitamin C: 9.83mg (11.92%), Phosphorus: 100.95mg (10.1%), Copper: 0.2mg (9.88%), Vitamin E: 1.48mg (9.87%), Magnesium: 26.47mg (6.62%), Folate: 19.12µg (4.78%), Vitamin B6: 0.09mg (4.58%), Fiber: 1.14g (4.58%), Zinc: 0.62mg (4.12%), Iron: 0.69mg (3.82%), Selenium: 2.47µg (3.53%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.06mg (3.3%), Potassium: 109.08mg (3.12%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.1µg (1.67%), Vitamin B3: 0.25mg (1.27%)