



Basil Oil

 Gluten Free

READY IN



4 min.

SERVINGS



24

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup basil leaves fresh packed
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon parmesan cheese fresh grated

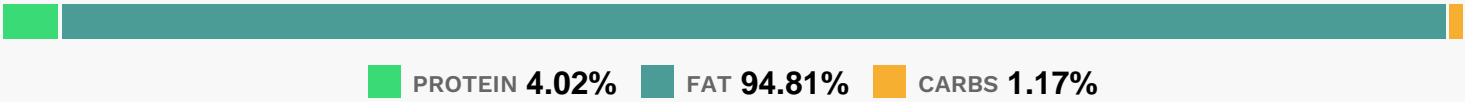
Equipment

- ☐ food processor
- ☐ ziploc bags

Directions

- ☐ Place first 4 ingredients in a food processor; pulse 5 times or until pureed.
- ☐ Add cheese; process until blended.
- ☐ Tip: People ask all the time how to keep their basil green and fresh. When you buy a bunch of basil, trim the ends and place it in a glass (stems down) with an inch of water at the bottom. Cover the glass with a plastic bag and leave it on your countertop. You won't believe how long it stays green.
- ☐ Kids Can Help: Basil is so fragrant. Kids seem drawn to it. Making this recipe is an opportunity to teach them how to pick the leaves off the stems.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.25391304314784%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 8.91kcal (0.45%), Fat: 0.96g (1.47%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 0.03g (0.01%), Net Carbohydrates: 0.02g (0.01%), Sugar: 0g (0%), Cholesterol: 0.14mg (0.05%), Sodium: 27.6mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 2.64µg (2.51%)