



## Basil Pesto



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- ☐ 6 servings olive oil extra virgin
- ☐ 4 cups basil fresh
- ☐ 0.5 juice of lemon fresh juiced to taste ( )
- ☐ 0.5 cup parmesan fresh grated ( is best)
- ☐ 0.7 cup pinenuts
- ☐ 4 cloves roasted garlic (or 2 cloves unroasted)
- ☐ 0.5 tsp salt to taste
- ☐ 6 servings strong coffee decoction

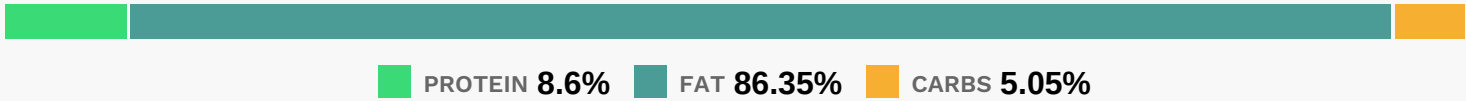
# Equipment

- ☐ food processor
- ☐ blender

# Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Basil Pesto
- ☐ Basil Pesto Ingredients (Dairy)1/4 cup pine nuts4 cups fresh basil leaves
- ☐ Extra virgin olive oil4 cloves roasted garlic (or 2 cloves unroasted)1/2 fresh lemon, juiced (or more to taste)1/2 cup grated pecorino or parmesan cheese (fresh grated is best)Salt to taste
- ☐ Pareve Basil Pesto Ingredients (Dairy Free)2/3 cup pine nuts4 cups fresh basil leaves
- ☐ Extra virgin olive oil4 cloves roasted garlic (or 2 cloves unroasted)1/2 tsp salt, or more to taste1/2 fresh lemon, juiced (or more to taste)You will also need
- ☐ Food processor or strong blender.
- ☐ Servings: 1 to 1 1/2 cups of pesto (dairy recipe yields more)
- ☐ Kosher Key: Dairy or Pareve, Kosher for Passover

# Nutrition Facts



# Properties

Glycemic Index:21.17, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:14.989130534556%

# Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg  
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.12mg,  
Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin:  
0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg  
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg,  
Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 266.96kcal (13.35%), Fat: 26.58g (40.89%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.74g (0.82%), Cholesterol: 5.67mg (1.89%), Sodium: 333.61mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 5.96g (11.92%), Manganese: 1.59mg (79.72%), Vitamin K: 83.33µg (79.36%), Vitamin E: 3.59mg (23.94%), Vitamin A: 913.76IU (18.28%), Phosphorus: 163.41mg (16.34%), Vitamin B2: 0.26mg (15.09%), Magnesium: 59.32mg (14.83%), Calcium: 138.16mg (13.82%), Copper: 0.27mg (13.68%), Zinc: 1.4mg (9.32%), Iron: 1.54mg (8.58%), Potassium: 271.32mg (7.75%), Vitamin B5: 0.74mg (7.35%), Vitamin B1: 0.1mg (6.74%), Vitamin B3: 1.29mg (6.47%), Vitamin C: 4.59mg (5.57%), Folate: 21.86µg (5.47%), Vitamin B6: 0.07mg (3.74%), Fiber: 0.86g (3.44%), Selenium: 2.32µg (3.31%), Vitamin B12: 0.1µg (1.67%)