



Basil Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups basil fresh loosely packed
- 3 large garlic clove
- 0.5 cup olive oil
- 0.5 cup parmesan shredded
- 0.5 cup pinenuts toasted
- 0.1 teaspoon salt

Equipment

- food processor

Directions

- Process fresh basil leaves and remaining ingredients in a food processor until smooth, stopping to scrape down sides. Store pesto in refrigerator up to 5 days.

Nutrition Facts

PROTEIN 12.91% **FAT 80.59%** **CARBS 6.5%**

Properties

Glycemic Index:31.75, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:13.059999928526%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216.42kcal (10.82%), Fat: 20.26g (31.17%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.76g (0.85%), Cholesterol: 8.5mg (2.83%), Sodium: 274.23mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Manganese: 1.66mg (83.17%), Vitamin K: 62.4µg (59.43%), Phosphorus: 193.94mg (19.39%), Calcium: 176.11mg (17.61%), Vitamin E: 2.48mg (16.52%), Vitamin A: 735.72IU (14.71%), Magnesium: 56.1mg (14.03%), Copper: 0.28mg (13.99%), Zinc: 1.56mg (10.37%), Iron: 1.49mg (8.25%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.07mg (4.99%), Selenium: 3.29µg (4.69%), Vitamin B3: 0.9mg (4.49%), Potassium: 156.74mg (4.48%), Folate: 14.84µg (3.71%), Vitamin B6: 0.07mg (3.69%), Vitamin C: 3mg (3.63%), Fiber: 0.86g (3.45%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.15mg (1.48%)