



Basil Pesto



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil packed ()
- ☐ 1 clove garlic
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmigiano-reggiano grated ()
- ☐ 2 tablespoons pinenuts toasted ()
- ☐ 4 servings salt and pepper to taste

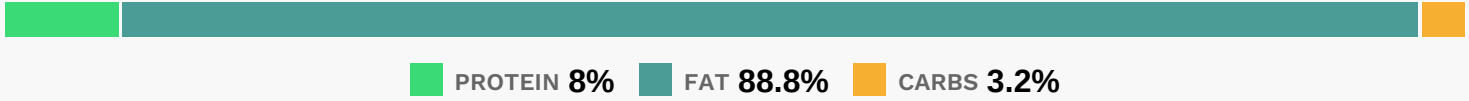
Equipment

- ☐ food processor

Directions

☐ Place everything into a food processor and blend.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:5.6256521454324%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 153.47kcal (7.67%), Fat: 15.58g (23.96%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.25g (0.28%), Cholesterol: 4.25mg (1.42%), Sodium: 294.59mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Vitamin K: 34.03µg (32.41%), Manganese: 0.52mg (26.16%), Vitamin E: 2.04mg (13.61%), Calcium: 87mg (8.7%), Phosphorus: 76.63mg (7.66%), Vitamin A: 366.83IU (7.34%), Magnesium: 19.33mg (4.83%), Copper: 0.09mg (4.67%), Zinc: 0.55mg (3.68%), Iron: 0.59mg (3.28%), Selenium: 1.57µg (2.24%), Vitamin B2: 0.04mg (2.2%), Vitamin C: 1.35mg (1.64%), Potassium: 56.45mg (1.61%), Vitamin B1: 0.02mg (1.61%), Folate: 6.24µg (1.56%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.25%), Fiber: 0.3g (1.19%)