

## Basil Puree



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

## Ingredients

- 1 teaspoon balsamic vinegar
- 1 bunch basil leaves picked
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon salt to taste

## Equipment

- mortar and pestle

## Directions

- Make a paste by crushing basil leaves and salt with a mortar and pestle. Stir in the olive oil and balsamic vinegar.

## Nutrition Facts

**PROTEIN 0.43%** **FAT 97.92%** **CARBS 1.65%**

## Properties

Glycemic Index:30, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.1186956477392%

## 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

## Nutrients (% of daily need)

Calories: 63.44kcal (3.17%), Fat: 7.01g (10.79%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.23g (0.09%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 145.85mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin K: 12.51µg (11.92%), Vitamin E: 1.02mg (6.83%), Vitamin A: 105.5IU (2.11%), Manganese: 0.03mg (1.25%)