



Classic Basil Pesto

 **Gluten Free**

READY IN



45 min.

SERVINGS



32

CALORIES



12 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups basil loosely packed
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin
- 0.3 cup fat-skimmed beef broth fat-free
- 1 garlic clove minced
- 1.5 ounces parmesan fresh grated
- 0.5 teaspoon salt
- 1 tablespoon walnut pieces coarsely chopped

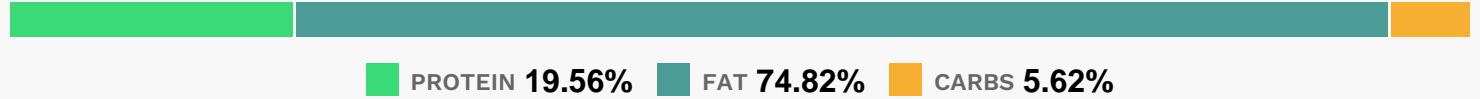
Equipment

food processor

Directions

Combine all ingredients in a food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.7991304329556%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 11.72kcal (0.59%), Fat: 1g (1.54%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.03g (0.03%), Cholesterol: 0.9mg (0.3%), Sodium: 64.97mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin K: 6.55µg (6.23%), Calcium: 19.03mg (1.9%), Vitamin A: 89.66IU (1.79%), Manganese: 0.03mg (1.6%), Phosphorus: 11.51mg (1.15%)