



Classic Basil Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



841 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 6 medium garlic cloves
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parsley minced
- ☐ 3 tablespoons pinenuts
- ☐ 0.3 cup romano cheese shredded
- ☐ 0.5 teaspoon salt

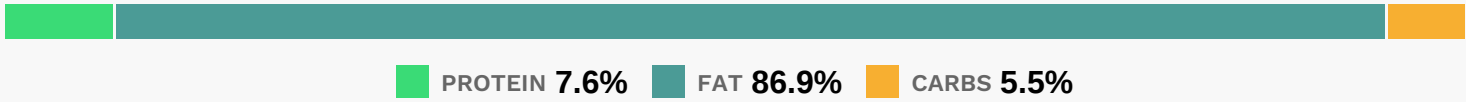
Equipment

- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Put basil in a mortar with garlic, romano cheese, pine nuts, parsley, and salt. Pound until smooth, then add olive oil and mix until smooth. Or, whirl all ingredients in a blender.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:26.189565549726%

Flavonoids

Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg, Apigenin: 17.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 840.72kcal (42.04%), Fat: 83.73g (128.82%), Saturated Fat: 14.66g (91.62%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 9.98g (3.63%), Sugar: 1.6g (1.78%), Cholesterol: 34.67mg (11.56%), Sodium: 1572.44mg (68.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Vitamin K: 230.72µg (219.73%), Manganese: 3.1mg (155.09%), Vitamin E: 10.82mg (72.15%), Phosphorus: 464.73mg (46.47%), Calcium: 425.59mg (42.56%), Vitamin A: 1455.57IU (29.11%), Magnesium: 105.18mg (26.29%), Copper: 0.52mg (25.94%), Vitamin C: 18.66mg (22.61%), Zinc: 3.19mg (21.26%), Iron: 3.41mg (18.95%), Vitamin B6: 0.31mg (15.28%), Vitamin B2: 0.23mg (13.42%), Vitamin B1: 0.17mg (11.23%), Selenium: 7.65µg (10.92%), Potassium: 360.45mg (10.3%), Vitamin B3: 1.68mg (8.41%), Folate: 33.39µg (8.35%), Fiber: 1.94g (7.78%), Vitamin B12: 0.37µg (6.22%), Vitamin B5: 0.4mg (4%), Vitamin D: 0.17µg (1.11%)