



Classic Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



856 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups basil fresh packed
- 0.8 cup parmesan cheese grated
- 0.8 cup vegetable oil
- 3 cloves garlic
- 0.3 cup pinenuts

Equipment

- food processor
- blender

Directions

- Place all ingredients in blender or food processor.
- Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth.

Nutrition Facts

PROTEIN 13.11% **FAT 78.73%** **CARBS 8.16%**

Properties

Glycemic Index:100, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:33.036956310272%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 856.41kcal (42.82%), Fat: 77.14g (118.67%), Saturated Fat: 18.29g (114.33%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 15.77g (5.73%), Sugar: 1.5g (1.66%), Cholesterol: 65.25mg (21.75%), Sodium: 1316.63mg (57.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Vitamin K: 278.95µg (265.67%), Manganese: 3.74mg (186.8%), Calcium: 769.65mg (76.96%), Phosphorus: 710.21mg (71.02%), Vitamin A: 3191.35IU (63.83%), Vitamin E: 6.6mg (43.98%), Selenium: 27.91µg (39.87%), Zinc: 5.92mg (39.45%), Magnesium: 143.93mg (35.98%), Copper: 0.69mg (34.36%), Vitamin B2: 0.38mg (22.46%), Iron: 3.88mg (21.58%), Vitamin B12: 1.01µg (16.88%), Potassium: 517.18mg (14.78%), Vitamin C: 11.72mg (14.2%), Vitamin B6: 0.28mg (13.92%), Folate: 48.88µg (12.22%), Vitamin B1: 0.18mg (11.83%), Vitamin B3: 2.04mg (10.18%), Fiber: 2.21g (8.82%), Vitamin B5: 0.5mg (5.03%), Vitamin D: 0.38µg (2.5%)