



Classic Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 4 cups lightly basil leaves fresh packed
- ☐ 2 garlic cloves peeled
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts
- ☐ 6 servings salt and pepper

Equipment

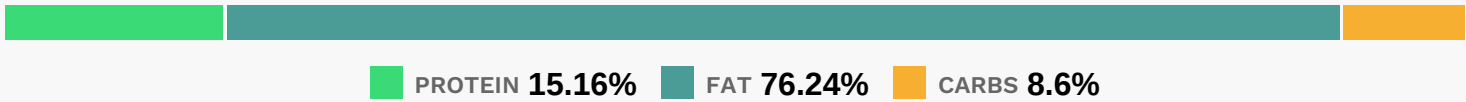
- ☐ food processor

☐ blender

Directions

- ☐ Put 2 or 3 peeled garlic cloves and 1/4 cup pine nuts in a food processor or blender and whirl until coarsely chopped. Rinse and drain 4 cups lightly packed fresh basil leaves; gently pat dry.
- ☐ Add basil, 1 cup grated parmesan cheese (about 4 oz.), and 3/4 cup extra-virgin olive oil to garlic mixture; whirl until smooth (if using blender, stop to push basil down into blades as needed).
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:10.197826103024%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.93kcal (8.05%), Fat: 14.02g (21.57%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.27g (0.3%), Cholesterol: 14.5mg (4.83%), Sodium: 486.49mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin K: 72.98µg (69.51%), Manganese: 0.71mg (35.51%), Vitamin A: 989.89IU (19.8%), Calcium: 178.54mg (17.85%), Phosphorus: 148.5mg (14.85%), Vitamin E: 1.52mg (10.11%), Selenium: 6.06µg (8.66%), Zinc: 1.23mg (8.17%), Magnesium: 30.45mg (7.61%), Copper: 0.15mg (7.28%), Iron: 0.94mg (5.23%), Vitamin B2: 0.08mg (4.91%), Vitamin C: 3.24mg (3.92%), Vitamin B12: 0.22µg (3.75%), Folate: 13.82µg (3.46%), Potassium: 115.55mg (3.3%), Vitamin B6: 0.06mg (2.8%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.41mg (2.06%), Fiber: 0.49g (1.94%), Vitamin B5: 0.11mg (1.11%)