



Creamy Basil-Pesto Dip

 Gluten Free

READY IN



20 min.

SERVINGS



15

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 servings garnish: basil sprig fresh
- ☐ 2 cups basil leaves fresh loosely packed
- ☐ 1 garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoons pinenuts
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar
- ☐ 1 strips wings crispy hot

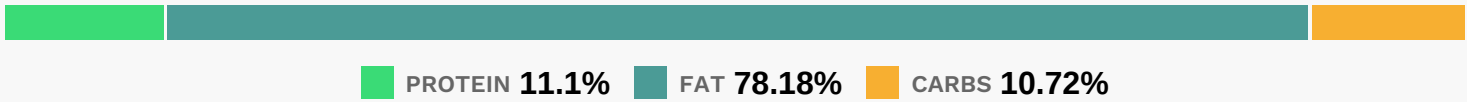
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat pine nuts in a small nonstick skillet over medium-low heat, stirring often, 3 to 5 minutes or until toasted.
- ☐ Process pine nuts and next 7 ingredients in a food processor until smooth, stopping to scrape down sides. With processor running, pour oil through food chute in a slow, steady stream.
- ☐ Transfer to serving bowl.
- ☐ Cover and chill at least 1 hour.
- ☐ Serve with fried chicken strips or hot wings, cherry tomatoes, and crispy breadsticks.
- ☐ Garnish, if desired.
- ☐ Note: If using purchased basil, 4 (1-ounce) packages will equal 2 cups loosely packed fresh basil leaves.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.0491304339274%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.67kcal (2.68%), Fat: 4.81g (7.4%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.62g (0.69%), Cholesterol: 7.42mg (2.47%), Sodium: 99.79mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin K: 23.34µg (22.23%), Manganese: 0.18mg (9.22%), Vitamin A: 351.69IU (7.03%), Calcium: 47.1mg (4.71%), Phosphorus: 37.94mg (3.79%), Vitamin E: 0.42mg (2.81%), Magnesium: 8.73mg (2.18%), Selenium: 1.51µg (2.15%), Copper: 0.04mg (2.06%), Zinc: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.87%), Vitamin C: 1.48mg (1.79%), Iron: 0.27mg (1.51%), Folate: 4.86µg (1.22%), Potassium: 41.02mg (1.17%), Vitamin B12: 0.06µg (1.02%)