



Creamy Pesto Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



117 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 tablespoon butter
- 2 ounces cream cheese
- 1 bunch basil leaves fresh
- 1 large clove garlic minced
- 0.3 cup olive oil
- 1 cup parmesan cheese

Equipment

- pot

blender

Directions

- Bring a large pot of water to a boil.
- Add the basil leaves and cook until tender and bright green, 2 to 5 minutes.
- Drain basil, reserving 2 tablespoons of the basil water.
- Blend basil, 2 tablespoons basil water, Parmesan cheese, cream cheese, olive oil, butter, and garlic in a blender until smooth and creamy.

Nutrition Facts

 PROTEIN **13.42%**  FAT **84.03%**  CARBS **2.55%**

Properties

Glycemic Index:20.4, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.4404347836971%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.45kcal (5.87%), Fat: 11.08g (17.04%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.3g (0.33%), Cholesterol: 15.54mg (5.18%), Sodium: 187.2mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Calcium: 126.25mg (12.62%), Phosphorus: 76.71mg (7.67%), Vitamin K: 6.96µg (6.63%), Vitamin E: 0.89mg (5.92%), Vitamin A: 231.46IU (4.63%), Selenium: 2.8µg (4%), Vitamin B2: 0.05mg (2.8%), Vitamin B12: 0.13µg (2.25%), Zinc: 0.31mg (2.1%), Magnesium: 5.53mg (1.38%)