



Easy Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



71 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup almonds
- 1.5 cups basil leaves fresh
- 3 cloves garlic
- 1 pinch ground nutmeg
- 0.5 cup olive oil
- 6 servings salt and pepper to taste

Equipment

- food processor

baking sheet

oven

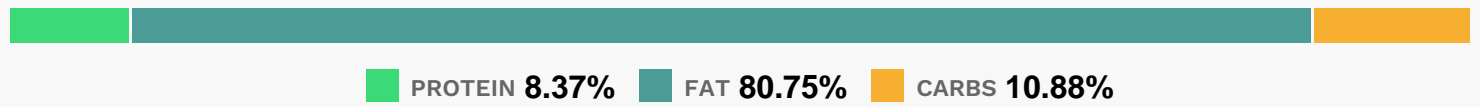
Directions

Preheat oven to 450 degrees F (230 degrees C).

Place almonds on a cookie sheet, and bake for 10 minutes, or until lightly toasted.

In a food processor, combine toasted almonds, garlic, basil, olive oil, nutmeg, salt and pepper. Process until a coarse paste is formed.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.2356521694557%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 70.81kcal (3.54%), Fat: 6.68g (10.28%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 194.44mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin K: 27.09µg (25.8%), Vitamin E: 2.09mg (13.95%), Manganese: 0.24mg (11.77%), Vitamin A: 316.86IU (6.34%), Magnesium: 20.61mg (5.15%), Copper: 0.09mg (4.54%), Vitamin B2: 0.07mg (4.37%), Fiber: 0.91g (3.63%), Phosphorus: 34.67mg (3.47%), Calcium: 29.83mg (2.98%), Iron: 0.46mg (2.58%), Potassium: 68.05mg (1.94%), Vitamin C: 1.55mg (1.88%), Vitamin B6: 0.04mg (1.82%), Folate: 6.87µg (1.72%), Zinc: 0.26mg (1.71%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.19%)