



Easy Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 cups firmly basil leaves fresh packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup olive oil extra virgin
- ☐ 2 garlic cloves
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 cup pinenuts

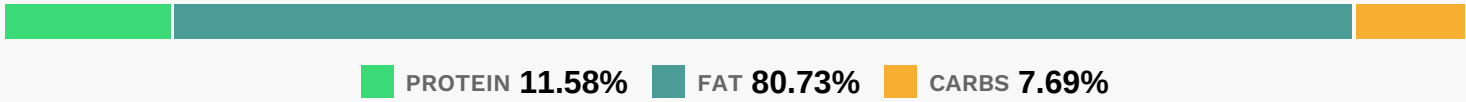
Equipment

☐ food processor

Directions

- ☐ Pulse basil leaves, garlic cloves, and pine nuts in a food processor until coarsely chopped.
- ☐ Add olive oil; process until smooth. Stir in Parmesan cheese, kosher salt, and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:7.7913043926591%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg 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: 142.69kcal (7.13%), Fat: 13.25g (20.38%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.29g (0.32%), Cholesterol: 8.7mg (2.9%), Sodium: 524.68mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin K: 47.3µg (45.05%), Manganese: 0.75mg (37.33%), Vitamin A: 595.51IU (11.91%), Phosphorus: 109.58mg (10.96%), Calcium: 109.36mg (10.94%), Vitamin E: 1.59mg (10.59%), Magnesium: 27.07mg (6.77%), Copper: 0.14mg (6.76%), Zinc: 0.96mg (6.41%), Selenium: 3.75µg (5.36%), Iron: 0.79mg (4.38%), Vitamin B2: 0.06mg (3.45%), Potassium: 93.29mg (2.67%), Vitamin C: 2.16mg (2.61%), Folate: 9.48µg (2.37%), Vitamin B12: 0.14µg (2.25%), Vitamin B6: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.4mg (2%), Fiber: 0.45g (1.82%)