



Emilia Terragni's Basil Pesto

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



263 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 4 servings pepper black freshly ground
- 25 medium basil fresh
- 1 garlic clove crushed
- 4 servings kosher salt
- 0.5 cup olive oil extra virgin extra-virgin
- 1 cup parmesan cheese freshly grated
- 0.3 cup pecorino cheese freshly grated
- 0.3 cup pinenuts

Equipment

- food processor
- bowl

Directions

- Place the basil leaves, pine nuts, garlic (if using), and a pinch of salt in the bowl of a food processor fitted with a blade attachment. Process for about 5 or 6 (1-second) pulses.
- Add the grated cheeses and process for another 5 or 6 (1-second) pulses. With the motor running, add the oil in a slow, steady stream and process until the mixture's smooth. Taste the pesto and season with salt and pepper.

Nutrition Facts

PROTEIN 17.43% **FAT 74.77%** **CARBS 7.8%**

Properties

Glycemic Index:39.75, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:10.576956627162%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 262.89kcal (13.14%), Fat: 22.36g (34.4%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.5g (0.55%), Cholesterol: 30.42mg (10.14%), Sodium: 731.87mg (31.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Manganese: 1.07mg (53.38%), Calcium: 317.87mg (31.79%), Phosphorus: 289.23mg (28.92%), Vitamin K: 20.47µg (19.5%), Selenium: 10.16µg (14.51%), Zinc: 2.05mg (13.69%), Vitamin E: 2mg (13.3%), Magnesium: 42.37mg (10.59%), Copper: 0.17mg (8.72%), Vitamin B2: 0.15mg (8.56%), Vitamin A: 386.59IU (7.73%), Vitamin B12: 0.43µg (7.18%), Iron: 0.93mg (5.18%), Potassium: 132.13mg (3.78%), Vitamin B1: 0.05mg (3.55%), Vitamin B3: 0.55mg (2.74%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.5g (1.99%), Folate: 7.65µg (1.91%), Vitamin B5: 0.16mg (1.63%), Vitamin D: 0.17µg (1.11%)