



## Favorite Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 1 teaspoon pepper black freshly ground
- 3 cups basil fresh
- 2 garlic clove peeled
- 1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons pinenuts toasted

## Equipment

food processor

## Directions

Place garlic in food processor; process until minced.

Add basil and next 4 ingredients (through pepper). With processor on, slowly pour oil through food chute; process until smooth, scraping sides.

Tip: If you don't have pine nuts, you can substitute other nuts such as unsalted and toasted walnuts or cashews. All nuts add their own unique flavor to pesto.

## Nutrition Facts

  **PROTEIN 3.36%**  **FAT 91.39%**  **CARBS 5.25%**

## Properties

Glycemic Index:14.67, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:4.0769565280365%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 71.75kcal (3.59%), Fat: 7.59g (11.67%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 259.05mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin K: 38.38µg (36.56%), Manganese: 0.33mg (16.39%), Vitamin A: 424.02IU (8.48%), Vitamin E: 1.14mg (7.6%), Copper: 0.07mg (3.28%), Magnesium: 11.35mg (2.84%), Vitamin C: 2.31mg (2.8%), Iron: 0.45mg (2.48%), Phosphorus: 18.76mg (1.88%), Calcium: 17.03mg (1.7%), Folate: 6.59µg (1.65%), Zinc: 0.22mg (1.47%), Potassium: 44.32mg (1.27%), Vitamin B6: 0.02mg (1.21%), Fiber: 0.29g (1.14%)