



Fresh Basil and Asiago Pesto – I Adore Food

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2.5 cup basil fresh
- 0.5 cup pinenuts
- 0.5 cup asiago cheese fresh (or parmesan)
- 0.3 cup olive oil
- 1 pinch salt

Equipment

- food processor

Directions

- Take the Basil leaves off of the main stem and wash them well. Pad dry to make sure no water goes into the pesto.
- In a food processor, put your basil leaves, oil, pine nuts, cheese, garlic and salt and pulse until the mixture has become a paste. Scrape off the sides once or twice to make sure everything has been made into a paste.
- Enjoy!

Nutrition Facts

PROTEIN 9.79% **FAT 86.15%** **CARBS 4.06%**

Properties

Glycemic Index:12.13, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:7.1147826087216%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 142.68kcal (7.13%), Fat: 14.18g (21.82%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.38g (0.42%), Cholesterol: 4.25mg (1.42%), Sodium: 105.57mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Manganese: 0.83mg (41.5%), Vitamin K: 39.84µg (37.95%), Vitamin E: 1.83mg (12.22%), Phosphorus: 96.09mg (9.61%), Vitamin A: 446.88IU (8.94%), Calcium: 88.7mg (8.87%), Magnesium: 28.73mg (7.18%), Copper: 0.14mg (7.11%), Zinc: 0.78mg (5.18%), Iron: 0.79mg (4.41%), Vitamin B2: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.46mg (2.27%), Potassium: 78.32mg (2.24%), Selenium: 1.49µg (2.13%), Folate: 8.41µg (2.1%), Fiber: 0.43g (1.73%), Vitamin C: 1.42mg (1.72%), Vitamin B6: 0.03mg (1.26%), Vitamin B12: 0.08µg (1.25%)