



Fresh Basil Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups basil fresh packed
- 3 cloves garlic
- 0.8 cup parmesan cheese grated
- 0.3 cup pinenuts
- 0.5 cup vegetable oil

Equipment

- food processor
- blender

Directions

- In blender or food processor, place all ingredients. Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth.
- Use pesto immediately, or cover tightly and refrigerate up to 5 days or freeze up to 1 month (color of pesto will darken as it stands).

Nutrition Facts

PROTEIN 14.76% **FAT 76.07%** **CARBS 9.17%**

Properties

Glycemic Index:10, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:4.2930434786755%

Flavonoids

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: 76kcal (3.8%), Fat: 6.62g (10.19%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.15g (0.17%), Cholesterol: 6.53mg (2.17%), Sodium: 131.66mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 25.89µg (24.66%), Manganese: 0.37mg (18.68%), Calcium: 76.96mg (7.7%), Phosphorus: 71.02mg (7.1%), Vitamin A: 319.13IU (6.38%), Selenium: 2.79µg (3.99%), Zinc: 0.59mg (3.95%), Vitamin E: 0.57mg (3.8%), Magnesium: 14.39mg (3.6%), Copper: 0.07mg (3.44%), Vitamin B2: 0.04mg (2.25%), Iron: 0.39mg (2.16%), Vitamin B12: 0.1µg (1.69%), Potassium: 51.72mg (1.48%), Vitamin C: 1.17mg (1.42%), Vitamin B6: 0.03mg (1.39%), Folate: 4.89µg (1.22%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.2mg (1.02%)