

Fresh pesto

 Gluten Free

READY IN



7 min.

SERVINGS



10

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 50 g almond flour
- ☐ 1 large bunch basil
- ☐ 50 g parmesan grated
- ☐ 2 garlic clove
- ☐ 150 ml olive oil extra virgin extra-virgin

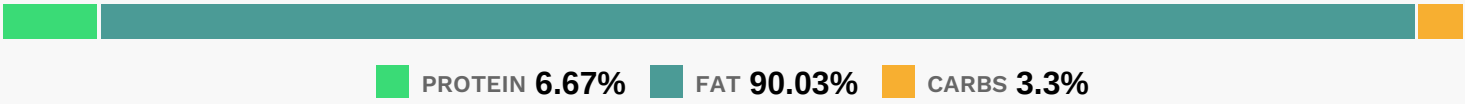
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Toast the almonds in a dry frying pan. Tip into a food processor with the basil, Parmesan, garlic and some seasoning. Whizz together while slowly pouring in the olive oil.
- ☐ Keep in a sterilised jar with a little extra oil to cover the top, in the fridge for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.1808695990754%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 169.99kcal (8.5%), Fat: 17.47g (26.88%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.22g (0.25%), Cholesterol: 3.4mg (1.13%), Sodium: 80.51mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin E: 1.99mg (13.27%), Vitamin K: 11.66µg (11.1%), Calcium: 72.34mg (7.23%), Phosphorus: 36.07mg (3.61%), Fiber: 0.56g (2.22%), Iron: 0.34mg (1.9%), Selenium: 1.21µg (1.73%), Vitamin A: 81.3IU (1.63%), Vitamin B2: 0.02mg (1.05%), Manganese: 0.02mg (1.01%), Zinc: 0.15mg (1.01%)