



Garden Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



166 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2.5 cups firmly basil leaves fresh packed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.7 cup olive oil divided
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup pinenuts

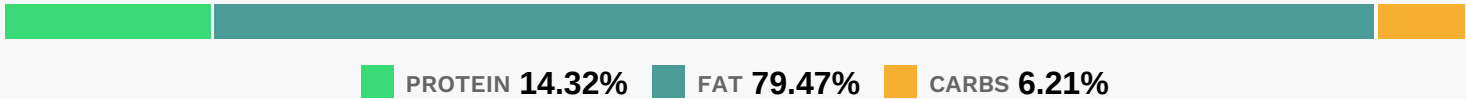
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake pecans and pine nuts in a shallow pan at 350 for 12 to 15 minutes or until toasted, stirring once.
- ☐ Let cool 5 minutes.
- ☐ Process basil, parsley, garlic, and 1/3 cup olive oil in a food processor until coarse paste forms.
- ☐ Add nuts and cheese, and process until blended, stopping to scrape down sides. With processor running, pour remaining 1/3 cup oil through food chute in a slow, steady stream; process until smooth. Cover and chill up to 5 days or freeze up to 1 month, if desired.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:12.260000105785%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 166.26kcal (8.31%), Fat: 15.25g (23.47%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.56g (0.63%), Cholesterol: 8.5mg (2.83%), Sodium: 203.83mg (8.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin K: 129.81µg (123.63%), Manganese: 0.84mg (42.08%), Vitamin A: 1050.59IU (21.01%), Calcium: 178.54mg (17.85%), Phosphorus: 141.7mg (14.17%), Vitamin C: 8.86mg (10.74%), Vitamin E: 1.43mg (9.5%), Copper: 0.18mg (9.08%), Magnesium: 34.26mg (8.57%),

Zinc: 1.06mg (7.06%), Iron: 1.2mg (6.66%), Selenium: 3.2µg (4.57%), Folate: 18.22µg (4.55%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.06mg (4.34%), Fiber: 0.99g (3.96%), Potassium: 124.96mg (3.57%), Vitamin B6: 0.06mg (2.93%), Vitamin B12: 0.15µg (2.5%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.16mg (1.6%)