



Garden Pesto Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

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

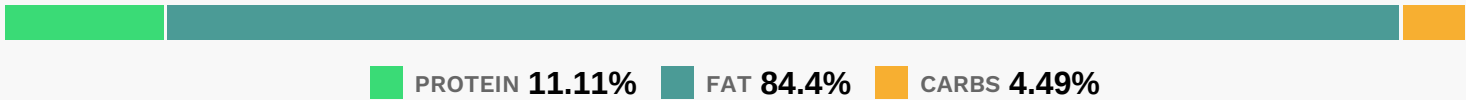
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pine nuts and pecans in a single layer in a shallow pan 8 minutes or until toasted and fragrant.
- ☐ Let cool 5 minutes. Process basil leaves, parsley, garlic, and 1/3 cup olive oil in a food processor until a coarse paste forms.
- ☐ Add nuts and Parmesan cheese, and process until blended. With processor running, pour 1/3 cup olive oil through food chute in a slow, steady stream; process until smooth. Cover and chill up to 5 days.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:8.4134781684565%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 141.88kcal (7.09%), Fat: 13.73g (21.13%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.35g (0.39%), Cholesterol: 5.78mg (1.93%), Sodium: 138.48mg (6.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin K: 80.5µg (76.67%), Manganese: 0.51mg

(25.26%), Vitamin A: 638.2IU (12.76%), Calcium: 119.06mg (11.91%), Vitamin E: 1.48mg (9.86%), Phosphorus: 92mg (9.2%), Vitamin C: 5.31mg (6.44%), Copper: 0.11mg (5.47%), Magnesium: 21mg (5.25%), Zinc: 0.66mg (4.42%), Iron: 0.75mg (4.18%), Selenium: 2.15µg (3.07%), Vitamin B2: 0.05mg (2.8%), Folate: 11µg (2.75%), Vitamin B1: 0.04mg (2.63%), Fiber: 0.59g (2.38%), Potassium: 75.94mg (2.17%), Vitamin B6: 0.04mg (1.8%), Vitamin B12: 0.1µg (1.7%), Vitamin B3: 0.3mg (1.5%), Vitamin B5: 0.1mg (1.01%)