



Garlic Basil Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 8 basil leaves fresh
- ☐ 8 cloves garlic
- ☐ 1 teaspoon pepper flakes red

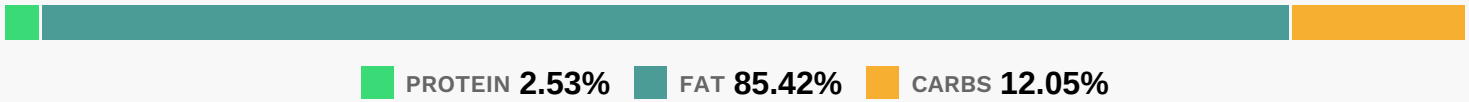
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Combine basil leaves, garlic, and red pepper flakes in a food processor or blender. Pulse 3 to 4 times. Slowly pour in canola oil and olive oil and blend until thick and creamy, about 30 seconds.
- ☐ Add additional oil if needed to make the spread smoother.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:2.0552174189816%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 72.41kcal (3.62%), Fat: 7.11g (10.93%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 9.25mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin E: 1.43mg (9.51%), Vitamin K: 8.94µg (8.52%), Manganese: 0.12mg (5.9%), Vitamin B6: 0.09mg (4.31%), Vitamin A: 190.99IU (3.82%), Vitamin C: 2.02mg (2.45%), Calcium: 13.93mg (1.39%), Selenium: 0.96µg (1.37%), Copper: 0.03mg (1.3%), Fiber: 0.31g (1.25%), Iron: 0.21mg (1.19%), Phosphorus: 11.13mg (1.11%), Potassium: 36.17mg (1.03%)