



## Gourmet Parmesan Italian Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



26 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- 2 cups basil leaves fresh
- 2 cloves garlic
- 0.5 cup olive oil
- 2 Tbsp parmesan cheese grated kraft
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### Equipment

- food processor
- bowl

blender

## Directions

- Place basil, cheese and garlic in food processor or blender; cover. With motor running, gradually add oil through feed tube at top of food processor, processing well after each addition.
- Transfer to small bowl.
- Add dressing mix; stir until well blended.
- Serve immediately. Or cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.8847826368621%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 25.54kcal (1.28%), Fat: 2.49g (3.84%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.03g (0.04%), Cholesterol: 0.87mg (0.29%), Sodium: 18.83mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin K: 21.3µg (20.29%), Vitamin A: 261.94IU (5.24%), Manganese: 0.07mg (3.3%), Vitamin E: 0.36mg (2.38%), Calcium: 18.46mg (1.85%), Vitamin C: 1.05mg (1.27%), Copper: 0.02mg (1.03%)