



Herb-Pesto Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup butter softened
- ☐ 1.5 cups basil leaves fresh
- ☐ 0.5 cup parsley fresh chopped
- ☐ 8 garlic cloves chopped
- ☐ 3 tablespoons white wine
- ☐ 1 tablespoons olive oil
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 0.3 cup pinenuts

Equipment

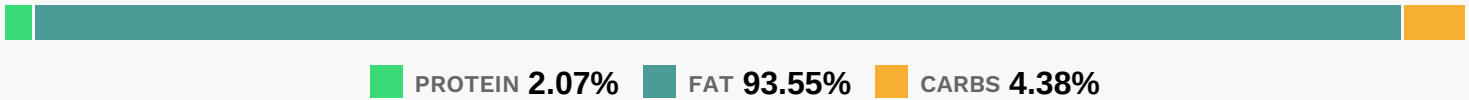
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 food processor

Directions

- ☐ Process first 6 ingredients in a food processor until smooth, stopping to scrape down sides.
- ☐ Add butter and 1 tablespoon olive oil, and process until combined; add remaining 1 tablespoon oil, if necessary, to achieve desired consistency.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:9.2065217313559%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 262.09kcal (13.1%), Fat: 27.77g (42.73%), Saturated Fat: 15.06g (94.14%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.35g (0.39%), Cholesterol: 61.01mg (20.34%), Sodium: 185.95mg (8.08%), Alcohol: 0.58g (100%), Alcohol %: 1.4% (100%), Protein: 1.38g (2.76%), Vitamin K: 93.33µg (88.89%), Manganese: 0.55mg (27.41%), Vitamin A: 1285.12IU (25.7%), Vitamin E: 1.6mg (10.66%), Vitamin C: 6.8mg (8.24%), Iron: 1.15mg (6.39%), Magnesium: 20.6mg (5.15%), Copper: 0.1mg (4.79%), Calcium: 46.54mg (4.65%), Phosphorus: 43.22mg (4.32%), Fiber: 0.95g (3.78%), Folate: 14.15µg (3.54%), Vitamin B6: 0.07mg (3.41%), Zinc: 0.45mg (3%), Potassium: 97.84mg (2.8%), Vitamin B2: 0.04mg (2.18%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.37mg (1.86%), Selenium: 0.82µg (1.17%), Vitamin B5: 0.1mg (1.01%)