



Joan's Pesto

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



263 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup basil leaves fresh
- 6 cloves garlic
- 6 servings salt and ground pepper black to taste
- 1 juice of lemon juiced
- 1 cup olive oil extra-virgin
- 1 cup freshly parmesan cheese shredded
- 1 cup walnuts

Equipment

food processor

Directions

Blend the 1/2 cup olive oil, the lemon juice, garlic, basil leaves, walnuts, and Parmesan cheese in a food processor until all ingredients are integrated. With the processor running, slowly drizzle 1 cup olive oil into the mixture until the mixture becomes a thick, slightly textured paste.

Nutrition Facts

 **PROTEIN 13.51%**  **FAT 79.62%**  **CARBS 6.87%**

Properties

Glycemic Index:29.83, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:9.2182607521182%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 263.25kcal (13.16%), Fat: 24.27g (37.35%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.24g (1.18%), Sugar: 0.81g (0.9%), Cholesterol: 11.33mg (3.78%), Sodium: 268.27mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.53%), Manganese: 0.78mg (38.92%), Calcium: 229.77mg (22.98%), Vitamin K: 21.96µg (20.91%), Phosphorus: 190.52mg (19.05%), Copper: 0.34mg (17.09%), Magnesium: 41.92mg (10.48%), Vitamin E: 1.25mg (8.35%), Vitamin B6: 0.17mg (8.29%), Zinc: 1.13mg (7.55%), Selenium: 5.15µg (7.36%), Vitamin A: 346.18IU (6.92%), Folate: 24.1µg (6.03%), Fiber: 1.47g (5.9%), Vitamin B1: 0.08mg (5.44%), Vitamin B2: 0.09mg (5.4%), Iron: 0.94mg (5.2%), Vitamin C: 3.84mg (4.66%), Potassium: 131.71mg (3.76%), Vitamin B12: 0.2µg (3.33%), Vitamin B5: 0.22mg (2.21%), Vitamin B3: 0.33mg (1.63%)