



WHATSheATE



## Macadamia Pesto



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- ☐ 0.8 cup olive oil extra virgin
- ☐ 1.5 cups basil leaves fresh loosely packed
- ☐ 4 large garlic cloves minced
- ☐ 0.5 cup macadamia nuts salted
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

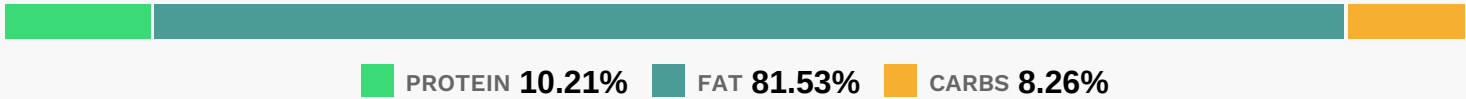
## Equipment

☐ food processor

## Directions

- ☐ Process first 3 ingredients in a food processor 3 minutes until smooth, stopping to scrape down sides as needed. With processor running, pour oil through food chute in a slow, steady stream.
- ☐ Add cheese, salt, and pepper, and process 2 seconds or until smooth.

## Nutrition Facts



## Properties

Glycemic Index:14.2, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:4.1308695026066%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 111.06kcal (5.55%), Fat: 10.45g (16.07%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.33g (0.37%), Cholesterol: 6.53mg (2.17%), Sodium: 248.28mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Manganese: 0.35mg (17.56%), Vitamin K: 17.12µg (16.3%), Calcium: 80.86mg (8.09%), Phosphorus: 64.08mg (6.41%), Vitamin B1: 0.09mg (5.72%), Vitamin A: 255.16IU (5.1%), Selenium: 3.05µg (4.36%), Vitamin E: 0.57mg (3.81%), Copper: 0.07mg (3.59%), Magnesium: 14.03mg (3.51%), Zinc: 0.46mg (3.04%), Fiber: 0.67g (2.69%), Iron: 0.44mg (2.44%), Vitamin B2: 0.04mg (2.4%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.1µg (1.69%), Potassium: 54.61mg (1.56%), Vitamin C: 1.1mg (1.34%), Vitamin B3: 0.21mg (1.06%)