



Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



196 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.3 cup olive oil extra virgin
- 3 oz basil fresh divided
- 3 cloves garlic
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup parmesan cheese grated kraft
- 0.5 cup planters slivered almonds toasted

Equipment

- bowl

blender

Directions

- Blend dressing, oil, 1 cup basil, nuts and garlic in blender until smooth, stopping occasionally to scrape side of blender.
- Add remaining basil in 1-cup increments, blending after each addition until smooth.
- Pour pesto into bowl; stir in cheese.

Nutrition Facts

PROTEIN 9.82% **FAT 80.2%** **CARBS 9.98%**

Properties

Glycemic Index:18.33, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:9.6582608028598%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 195.75kcal (9.79%), Fat: 17.99g (27.67%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.51g (1.68%), Cholesterol: 7.25mg (2.42%), Sodium: 244.16mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin K: 69.89µg (66.57%), Vitamin E: 3.97mg (26.48%), Manganese: 0.4mg (20.18%), Vitamin A: 823.55IU (16.47%), Calcium: 127.04mg (12.7%), Phosphorus: 107.82mg (10.78%), Magnesium: 37.15mg (9.29%), Vitamin B2: 0.14mg (8.46%), Copper: 0.16mg (7.85%), Fiber: 1.38g (5.53%), Selenium: 3.74µg (5.34%), Zinc: 0.78mg (5.2%), Iron: 0.92mg (5.12%), Potassium: 137.45mg (3.93%), Vitamin C: 3.06mg (3.71%), Folate: 14.14µg (3.54%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.03mg (2.03%), Vitamin B12: 0.11µg (1.88%), Vitamin B5: 0.11mg (1.08%)