

Pesto

 Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

364 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 cups basil leaves fresh packed
- ☐ 9 cloves garlic chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups olive oil good
- ☐ 1 cup parmesan freshly grated
- ☐ 0.3 cup pignolis (pine nuts)
- ☐ 0.3 cup walnuts

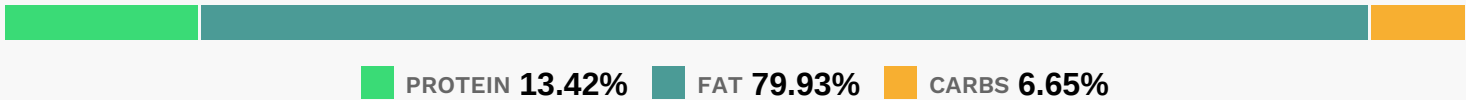
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the walnuts, pignolis, and garlic in the bowl of a food processor fitted with a steel blade. Process for 30 seconds.
- ☐ Add the basil leaves, salt, and pepper. With the processor running, slowly pour the olive oil into the bowl through the feed tube and process until the pesto is thoroughly pureed.
- ☐ Add the Parmesan and puree for a minute.
- ☐ Serve, or store the pesto in the refrigerator or freezer with a thin film of olive oil on top.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:18.9699999927541%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 364.03kcal (18.2%), Fat: 33.44g (51.44%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.71g (1.71%), Sugar: 0.85g (0.95%), Cholesterol: 17mg (5.67%), Sodium: 984.96mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin K: 140.36µg (133.67%), Manganese: 1.52mg (75.99%), Calcium: 372.57mg (37.26%), Vitamin A: 1785IU (35.7%), Phosphorus: 275.23mg (27.52%), Vitamin E: 3.48mg (23.18%), Copper: 0.38mg (18.92%), Magnesium: 65.49mg (16.37%), Zinc: 1.79mg (11.91%), Iron: 2.09mg (11.64%), Selenium: 7.12µg (10.17%), Vitamin B6: 0.2mg (10.08%), Vitamin C: 7.67mg (9.3%), Vitamin B2: 0.14mg (8.49%), Folate: 32.47µg (8.12%), Potassium: 228.11mg (6.52%), Fiber: 1.55g (6.2%), Vitamin B1: 0.09mg (5.98%), Vitamin B12: 0.3µg (5%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.29mg (2.91%)