



Pesto

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 cups basil leaves fresh packed
- ☐ 4 cloves garlic
- ☐ 0.5 cup olive oil
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts

Equipment

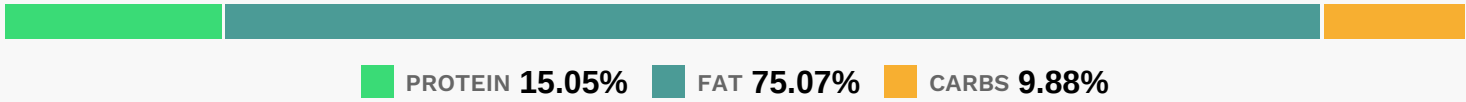
- ☐ food processor
- ☐ bowl

☐ blender

Directions

- ☐ Combine basil, garlic, Parmesan cheese, olive oil, and nuts in the bowl of a food processor or blender. Blend to a smooth paste.
- ☐ Add parsley if desired.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:6.2695651831834%

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.03kcal (4.8%), Fat: 8.28g (12.73%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.2g (0.22%), Cholesterol: 8.16mg (2.72%), Sodium: 164.82mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin K: 41.43µg (39.46%), Manganese: 0.51mg (25.39%), Vitamin A: 557.2IU (11.14%), Calcium: 102.22mg (10.22%), Phosphorus: 91.03mg (9.1%), Vitamin E: 0.9mg (6.02%), Zinc: 0.77mg (5.12%), Selenium: 3.55µg (5.07%), Magnesium: 20.01mg (5%), Copper: 0.1mg (4.93%), Iron: 0.6mg (3.34%), Vitamin B2: 0.05mg (2.97%), Vitamin C: 2.12mg (2.57%), Vitamin B6: 0.04mg (2.21%), Potassium: 75.03mg (2.14%), Vitamin B12: 0.13µg (2.11%), Folate: 8.16µg (2.04%), Vitamin B1: 0.02mg (1.6%), Vitamin B3: 0.28mg (1.42%), Fiber: 0.33g (1.33%)