

Pesto Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil (1 bunch)
- ☐ 0.5 cup olive oil extravirgin
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup parsley (1 bunch)

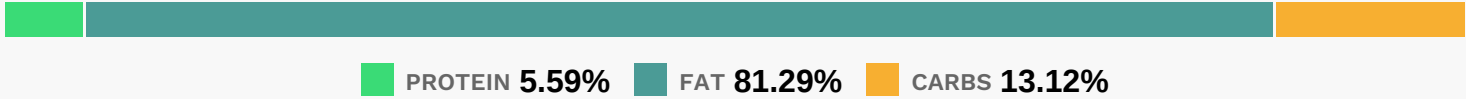
Equipment

- ☐ food processor

Directions

☐ Combine all ingredients in a food processor. Pulse until smooth.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:7.3139130317647%

Flavonoids

Apigenin: 18.48mg, Apigenin: 18.48mg, Apigenin: 18.48mg, Apigenin: 18.48mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 33.44kcal (1.67%), Fat: 3.19g (4.91%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 6.14mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin K: 171.44µg (163.28%), Vitamin A: 974.13IU (19.48%), Vitamin C: 13.36mg (16.19%), Folate: 19.93µg (4.98%), Iron: 0.76mg (4.24%), Vitamin E: 0.58mg (3.84%), Manganese: 0.06mg (3.23%), Calcium: 23.07mg (2.31%), Potassium: 77.35mg (2.21%), Fiber: 0.52g (2.09%), Magnesium: 7.91mg (1.98%), Copper: 0.03mg (1.6%)