



Pesto Sauce



Gluten Free



Popular

READY IN



20 min.

SERVINGS



16

CALORIES



104 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 cups basil leaves fresh
- ☐ 4 cloves garlic peeled
- ☐ 1 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 servings salt and pepper to taste
- ☐ 1.5 cups walnuts chopped

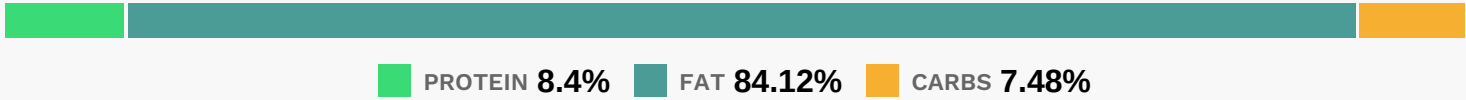
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, blend together basil leaves, nuts, garlic, and cheese.
- ☐ Pour in oil slowly while still mixing. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.4104347833149%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.33kcal (5.22%), Fat: 10.32g (15.88%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.31g (0.34%), Cholesterol: 1.36mg (0.45%), Sodium: 221.71mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.44mg (22.03%), Vitamin K: 20.64µg (19.65%), Copper: 0.19mg (9.74%), Magnesium: 20.95mg (5.24%), Phosphorus: 51.53mg (5.15%), Vitamin A: 253.15IU (5.06%), Vitamin B6: 0.08mg (3.82%), Folate: 13.93µg (3.48%), Vitamin E: 0.51mg (3.4%), Calcium: 34.03mg (3.4%), Fiber: 0.82g (3.29%), Zinc: 0.45mg (3.01%), Iron: 0.5mg (2.77%), Vitamin B1: 0.04mg (2.72%), Potassium: 67.6mg (1.93%), Selenium: 1.2µg (1.72%), Vitamin B2: 0.03mg (1.53%), Vitamin C: 1.19mg (1.44%)