



Pesto sauce

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



1754 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 50 g pinenuts
- ☐ 1 large bunch basil
- ☐ 50 g parmesan (or vegetarian alternative)
- ☐ 150 ml olive oil for storing
- ☐ 2 garlic clove

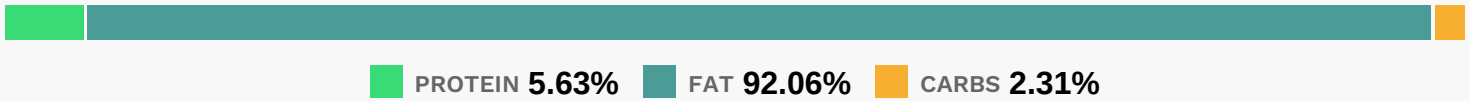
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat a small frying pan over a low heat. Cook the pine nuts until golden, shaking occasionally. Put into a food processor with the remaining ingredients and process until smooth, then season.
- ☐ Pour the pesto into a jar and cover with a little extra oil, then seal and store in the fridge. It will keep in a fridge for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:127, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:30.066956431969%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1753.89kcal (87.69%), Fat: 184.14g (283.3%), Saturated Fat: 29.56g (184.76%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 8.25g (3%), Sugar: 2.28g (2.53%), Cholesterol: 34mg (11.33%), Sodium: 806.08mg (35.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.72%), Manganese: 4.6mg (230.16%), Vitamin E: 24.56mg (163.76%), Vitamin K: 143.54µg (136.71%), Phosphorus: 648.16mg (64.82%), Calcium: 626.39mg (62.64%), Magnesium: 154.12mg (38.53%), Copper: 0.72mg (36.24%), Zinc: 4.73mg (31.56%), Iron: 4.3mg (23.88%), Selenium: 12.48µg (17.82%), Vitamin B2: 0.29mg (17.19%), Vitamin A: 827.54IU (16.55%), Vitamin B1: 0.22mg (14.41%), Vitamin B3: 2.44mg (12.22%), Potassium: 393.53mg (11.24%), Vitamin B12: 0.6µg (10%), Vitamin B6: 0.18mg (8.97%), Fiber: 2.1g (8.42%), Folate: 26.12µg (6.53%), Vitamin C: 3.71mg (4.5%), Vitamin B5: 0.44mg (4.35%), Vitamin D: 0.25µg (1.67%)