



Pesto Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



421 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup lightly basil leaves fresh packed
- ☐ 1 garlic clove minced pressed (or)
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup freshly parmesan cheese shredded

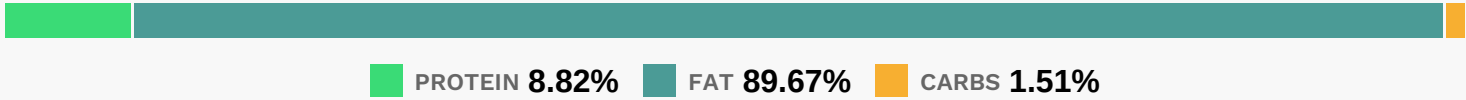
Equipment

- ☐ food processor
- ☐ blender

Directions

In a blender or food processor, combine basil leaves, parmesan, olive oil, and garlic. Whirl until basil is finely chopped.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:10.066956494166%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 421.23kcal (21.06%), Fat: 42.54g (65.45%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.25g (0.28%), Cholesterol: 17mg (5.67%), Sodium: 401.95mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin K: 71.92µg (68.5%), Vitamin E: 5.34mg (35.57%), Calcium: 320.32mg (32.03%), Phosphorus: 182.51mg (18.25%), Vitamin A: 828.39IU (16.57%), Selenium: 5.87µg (8.39%), Manganese: 0.17mg (8.39%), Vitamin B2: 0.09mg (5.52%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.3µg (5%), Magnesium: 19.06mg (4.76%), Iron: 0.81mg (4.51%), Vitamin C: 2.63mg (3.19%), Vitamin B6: 0.06mg (3%), Copper: 0.06mg (2.93%), Folate: 9.95µg (2.49%), Potassium: 64.78mg (1.85%), Vitamin B5: 0.15mg (1.47%), Vitamin B1: 0.02mg (1.12%)