



Pesto Topping

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 cups basil leaves fresh
- ☐ 3 small cloves garlic minced
- ☐ 1 cup olive oil extra-virgin plus more for storing
- ☐ 3 tablespoons parmesan grated plus more for serving
- ☐ 2 tablespoons pinenuts

Equipment

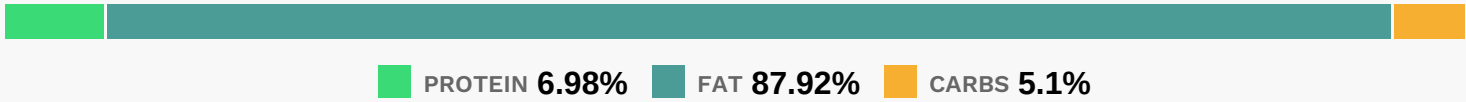
- ☐ food processor

Directions

- ☐
- Combine the basil, Parmesan, pine nuts, and garlic in a food processor and pulse until finely chopped. With the machine running, pour in a thin, steady stream of the oil, blending until the mixture is well combined and emulsified. Store in the refrigerator in an airtight container covered with a thin layer of oil (to preserve the color) for up to 1 week.

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Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:4.6247825763472%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 75.66kcal (3.78%), Fat: 7.66g (11.78%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.14g (0.16%), Cholesterol: 1.27mg (0.43%), Sodium: 30.75mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 42µg (40%), Manganese: 0.34mg (17.13%), Vitamin A: 490.22IU (9.8%), Vitamin E: 1.09mg (7.25%), Calcium: 40.62mg (4.06%), Copper: 0.07mg (3.58%), Phosphorus: 34.15mg (3.41%), Magnesium: 13.14mg (3.29%), Iron: 0.49mg (2.71%), Vitamin C: 1.99mg (2.41%), Zinc: 0.3mg (1.99%), Folate: 7.14µg (1.78%), Vitamin B6: 0.03mg (1.6%), Potassium: 47.77mg (1.36%), Vitamin B2: 0.02mg (1.18%), Fiber: 0.26g (1.04%), Vitamin B3: 0.2mg (1.02%), Vitamin B1: 0.02mg (1.01%)