

Pesto Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.3 cup olive oil extravirgin
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons parmigiano-reggiano cheese grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

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3 tablespoons citrus champagne vinegar

Equipment

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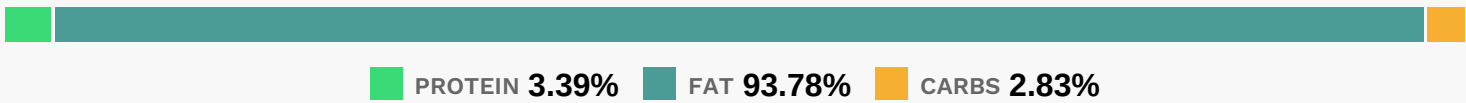
food processor

Directions

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Place all ingredients in a food processor; process until smooth. Refrigerate in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.9782608662448%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 83.3kcal (4.17%), Fat: 8.84g (13.6%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.09g (0.1%), Cholesterol: 0.68mg (0.23%), Sodium: 133.16mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Manganese: 0.22mg (10.76%), Vitamin K: 10.58µg (10.08%), Vitamin E: 1.24mg (8.24%), Phosphorus: 20.55mg (2.05%), Copper: 0.04mg (1.77%), Magnesium: 6.76mg (1.69%), Calcium: 16.32mg (1.63%), Vitamin A: 72.29IU (1.45%), Iron: 0.24mg (1.32%), Zinc: 0.18mg (1.18%)