



## Pesto with Basil and Parsley

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



139 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 2 cups basil leaves fresh
- 0.5 cup parsley leaves fresh
- 4 garlic cloves
- 0.5 cup olive oil
- 0.3 cup parmigiano-reggiano grated
- 0.3 cup pinenuts
- 4 servings salt

## Equipment

mortar and pestle

## Directions

- Using a pestle and mortar, combine the basil and the parsley and crush until a paste starts to form.
- Add the rest of the ingredients and continue to crush until a creamy paste has formed.
- Serve with pasta or bread.

## Nutrition Facts

 **PROTEIN 11.49%**  **FAT 80.01%**  **CARBS 8.5%**

## Properties

Glycemic Index:39.75, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:12.505652208043%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 138.95kcal (6.95%), Fat: 12.94g (19.9%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.48g (0.54%), Cholesterol: 4.25mg (1.42%), Sodium: 299.38mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin K: 180.76µg (172.15%), Manganese: 0.94mg (47.22%), Vitamin A: 1316.33IU (26.33%), Vitamin C: 13.14mg (15.93%), Vitamin E: 1.73mg (11.55%), Calcium: 112.54mg (11.25%), Phosphorus: 107.55mg (10.76%), Magnesium: 36.11mg (9.03%), Copper: 0.18mg (8.99%), Iron: 1.45mg (8.03%), Zinc: 0.93mg (6.19%), Folate: 22.96µg (5.74%), Potassium: 145.2mg (4.15%), Vitamin B6: 0.08mg (3.81%), Vitamin B2: 0.06mg (3.51%), Vitamin B1: 0.05mg (3.31%), Fiber: 0.81g (3.26%), Vitamin B3: 0.61mg (3.07%), Selenium: 1.94µg (2.76%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.08µg (1.25%)