



## Pistou

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

## Ingredients

- 8 cups basil fresh dry packed rinsed
- 0.3 cup parmesan freshly grated
- 0.5 cup olive oil
- 2 garlic clove chopped fine

## Equipment

- food processor

## Directions

In a food processor purée the basil and the garlic, add the oil, the Parmesan, and salt and pepper to taste, and blend the pistou until it is smooth. Stir the pistou into soups or toss it with cooked pasta or vegetables. (The pistou may be made 1 week in advance and kept, chilled, in an airtight container.)

## Nutrition Facts

**PROTEIN 17.23%** **FAT 73.94%** **CARBS 8.83%**

## Properties

Glycemic Index:31.75, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:12.481304358529%

## 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 7.33g (11.28%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.21g (0.23%), Cholesterol: 4.25mg (1.42%), Sodium: 102.41mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 202.58µg (192.94%), Vitamin A: 2580.95IU (51.62%), Manganese: 0.58mg (28.87%), Calcium: 161.73mg (16.17%), Vitamin C: 9.11mg (11.04%), Copper: 0.19mg (9.56%), Iron: 1.63mg (9.05%), Magnesium: 33.85mg (8.46%), Folate: 33.12µg (8.28%), Vitamin E: 1.18mg (7.84%), Phosphorus: 72.55mg (7.25%), Vitamin B6: 0.1mg (4.93%), Potassium: 153.42mg (4.38%), Zinc: 0.58mg (3.85%), Vitamin B2: 0.06mg (3.46%), Fiber: 0.8g (3.2%), Selenium: 1.76µg (2.52%), Vitamin B3: 0.46mg (2.3%), Vitamin B1: 0.02mg (1.45%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.08µg (1.25%)