



Pistou



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil divided packed
- ☐ 1 tablespoon flat parsley chopped
- ☐ 0.5 small garlic clove chopped
- ☐ 0.3 tsp kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 15 servings bell pepper

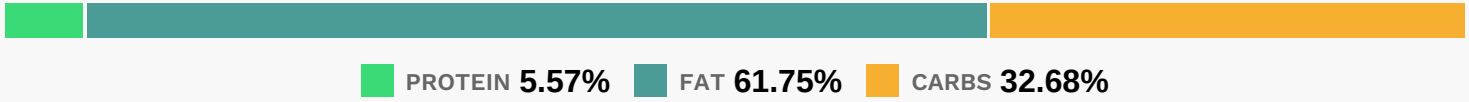
Equipment

- ☐ mortar and pestle

Directions

- ☐ Pound garlic with 1/4 tsp. kosher salt in a mortar and pestle.
- ☐ Add 1/4 cup basil leaves and pound to a coarse paste.
- ☐ Add remaining basil leaves and the parsley and pound in. Stir in oil and season to taste with pepper and salt.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:9.9913043638934%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 51.62kcal (2.58%), Fat: 3.83g (5.89%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 2.98g (1.08%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 42.01mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin C: 95.89mg (116.23%), Vitamin A: 2397.27IU (47.95%), Vitamin K: 13.51µg (12.87%), Vitamin E: 1.7mg (11.36%), Vitamin B6: 0.22mg (10.98%), Folate: 35.22µg (8.81%), Fiber: 1.59g (6.35%), Manganese: 0.09mg (4.74%), Potassium: 161.48mg (4.61%), Vitamin B2: 0.06mg (3.78%), Vitamin B3: 0.74mg (3.7%), Vitamin B1: 0.04mg (2.73%), Magnesium: 9.61mg (2.4%), Vitamin B5: 0.24mg (2.39%), Iron: 0.38mg (2.14%), Phosphorus: 20.13mg (2.01%), Zinc: 0.2mg (1.31%)