



## Presto Pesto

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 6 cups basil leaves fresh loosely packed
- 0.5 cup parmesan cheese grated kraft
- 1 cup tuscan house dressing italian kraft

## Equipment

- food processor

## Directions

Process ingredients in food processor until well blended.

## Nutrition Facts

**PROTEIN 9.96%** **FAT 71.19%** **CARBS 18.85%**

### Properties

Glycemic Index:7, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:6.1326086061156%

### Nutrients (% of daily need)

Calories: 80.76kcal (4.04%), Fat: 6.45g (9.92%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.58g (2.87%), Cholesterol: 4.35mg (1.45%), Sodium: 321.43mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 73µg (69.53%), Vitamin A: 811.31IU (16.23%), Manganese: 0.18mg (8.84%), Calcium: 72.74mg (7.27%), Vitamin E: 0.66mg (4.37%), Phosphorus: 43.29mg (4.33%), Vitamin C: 2.69mg (3.26%), Selenium: 2.26µg (3.23%), Copper: 0.06mg (3.1%), Magnesium: 12.14mg (3.04%), Iron: 0.54mg (3%), Folate: 10.09µg (2.52%), Zinc: 0.35mg (2.33%), Vitamin B6: 0.04mg (2.07%), Potassium: 71.42mg (2.04%), Vitamin B2: 0.03mg (1.66%), Vitamin B12: 0.07µg (1.13%)