



Presto Vegan Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



251 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 bunch basil fresh
- 5 cloves garlic
- 1 tablespoon juice of lemon
- 0.5 cup olive oil
- 0.3 cup pinenuts
- 0.3 cup soybean oil grated
- 2 tablespoons water

Equipment

blender

Directions

Place the basil, pine nuts, garlic, olive oil, lemon juice, water, and soy topping into a blender. Cover, and puree until smooth.

Nutrition Facts

PROTEIN 2.85% **FAT 92.5%** **CARBS 4.65%**

Properties

Glycemic Index:25, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:7.533913101839%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 250.77kcal (12.54%), Fat: 26.76g (41.17%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 1.46mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.71%), Manganese: 1.08mg (53.82%), Vitamin K: 42.73µg (40.7%), Vitamin E: 2.97mg (19.78%), Copper: 0.17mg (8.46%), Magnesium: 30.75mg (7.69%), Phosphorus: 71.85mg (7.18%), Zinc: 0.79mg (5.25%), Iron: 0.79mg (4.36%), Vitamin C: 3.07mg (3.72%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.06mg (3.1%), Vitamin B3: 0.54mg (2.71%), Potassium: 92.02mg (2.63%), Vitamin A: 109.32IU (2.19%), Fiber: 0.54g (2.15%), Vitamin B2: 0.03mg (1.87%), Folate: 6.05µg (1.51%), Calcium: 12.63mg (1.26%)