



Provençal Pistou Sauce



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



204 kcal

SAUCE

Ingredients

- ☐ 2 ounces basil leave torn into pieces each
- ☐ 1 tablespoon garlic minced
- ☐ 3 ounces slightly aged gouda finely grated
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup coarsely roma tomoatoes grated

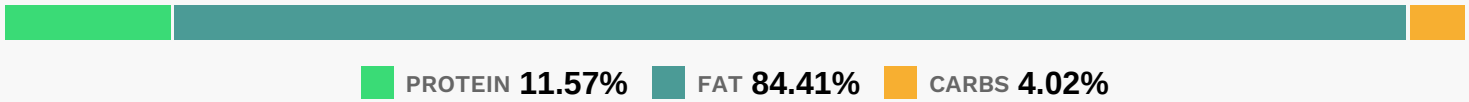
Equipment

- ☐ mortar and pestle

Directions

- ☐ In a large mortar, pound the garlic with the salt to a paste.
- ☐ Add the basil by the handful and grind the leaves against the side of the mortar until almost smooth. Stir in the tomatoes, and then gradually stir in the olive oil until it's incorporated. Stir in the cheese and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:8.663913242195%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 19.46g (29.93%), Saturated Fat: 5.62g (35.11%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.92g (1.03%), Cholesterol: 24.24mg (8.08%), Sodium: 757.42mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin K: 68.64µg (65.37%), Vitamin A: 990.78IU (19.82%), Calcium: 179.52mg (17.95%), Vitamin E: 2.19mg (14.6%), Phosphorus: 130.64mg (13.06%), Manganese: 0.22mg (10.84%), Zinc: 0.99mg (6.63%), Vitamin C: 5.2mg (6.3%), Vitamin B12: 0.33µg (5.46%), Vitamin B2: 0.09mg (5.11%), Selenium: 3.41µg (4.87%), Magnesium: 17.38mg (4.34%), Folate: 16.38µg (4.1%), Copper: 0.08mg (3.87%), Vitamin B6: 0.08mg (3.78%), Iron: 0.65mg (3.64%), Potassium: 110.86mg (3.17%), Fiber: 0.45g (1.78%), Vitamin B1: 0.02mg (1.38%), Vitamin B5: 0.13mg (1.27%), Vitamin B3: 0.24mg (1.22%)