



 **53%**
HEALTH SCORE

Quick N' Easy Basil Pesto

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 8 cups basil fresh loosely packed
- 8 cups basil fresh loosely packed
- 0.5 cup olive oil
- 0.8 cup pinenuts
- 2 cloves garlic coarsely chopped
- 0.8 cup parmesan cheese grated

Equipment

- food processor

plastic wrap

muffin liners

Directions

In a food processor, alternate adding ingredients until blended smooth.

Add more olive oil if the pesto isnt the correct consistency.

Use the pesto with 24 hrs or freeze scoops in plastic wrap lined muffin cups for later use.

Nutrition Facts

PROTEIN **14.26%** FAT **75.55%** CARBS **10.19%**

Properties

Glycemic Index:21.25, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:17.513043478261%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.67kcal (8.03%), Fat: 14.29g (21.99%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.61g (0.68%), Cholesterol: 8.16mg (2.72%), Sodium: 166.42mg (7.24%), Protein: 6.07g (12.14%), Vitamin K: 207.82µg (197.92%), Manganese: 1.69mg (84.28%), Vitamin A: 2616.83IU (52.34%), Copper: 0.36mg (17.89%), Calcium: 171.24mg (17.12%), Magnesium: 65.96mg (16.49%), Phosphorus: 160.24mg (16.02%), Vitamin E: 2mg (13.35%), Iron: 2.29mg (12.73%), Vitamin C: 8.98mg (10.88%), Zinc: 1.62mg (10.8%), Folate: 37.53µg (9.38%), Potassium: 237.44mg (6.78%), Vitamin B2: 0.1mg (5.79%), Selenium: 3.62µg (5.17%), Vitamin B6: 0.1mg (5.16%), Fiber: 1.25g (5.01%), Vitamin B3: 1mg (5.01%), Vitamin B1: 0.07mg (4.43%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.17mg (1.75%)