



Roasted Garlic Walnut Pesto for Freezing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



535 min.

SERVINGS



12

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 tablespoon olive oil extra virgin for drizzling
- ☐ 8 cups basil fresh packed
- ☐ 2 bulbs garlic
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 8 cups ice water or as needed
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 cup walnuts chopped

Equipment

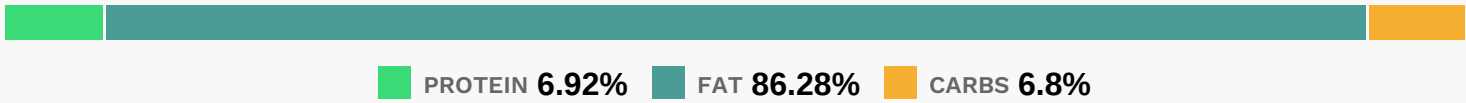
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ ice cube tray
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Break garlic cloves off the bulb, but leaving in the peels.
- ☐ Place cloves in a square of foil.
- ☐ Drizzle about 1 tablespoon olive oil over cloves; season with salt and black pepper. Fold foil into a packet with the seams facing up to avoid leakage.
- ☐ Bake in the preheated oven, checking every 10 to 15 minutes, until garlic is soft, 30 to 40 minutes.
- ☐ Let cool.
- ☐ Heat walnuts in a skillet over medium heat; cook and stir constantly until fragrant and toasted, about 5 minutes.
- ☐ Remove from heat and cool.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Pour ice water in a large bowl and set aside. Drop a handful of basil into the boiling water for 2 seconds; remove with a slotted spoon and transfer to the ice water. Repeat with remaining basil.
- ☐ Drain basil from the ice water and squeeze out as much moisture as possible.
- ☐ Squeeze garlic to release from the peels and place in a food processor.
- ☐ Add toasted walnuts, basil, and 1 cup olive oil; season with salt and black pepper. Blend in the food processor, scraping sides a few times, until smooth.

Pour pesto into 1 to 2 ice cube trays; freeze until completely solid, 8 hours or overnight. Pry pesto cubes from the ice cube tray and store in a freezer bag.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:7.763043401034%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 110.58kcal (5.53%), Fat: 11.23g (17.28%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 8.92mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 69.71µg (66.39%), Manganese: 0.54mg (26.88%), Vitamin A: 846.54IU (16.93%), Copper: 0.24mg (12.23%), Magnesium: 27.52mg (6.88%), Vitamin E: 0.88mg (5.89%), Folate: 20.47µg (5.12%), Iron: 0.84mg (4.64%), Calcium: 44mg (4.4%), Phosphorus: 43.62mg (4.36%), Vitamin B6: 0.08mg (4.18%), Vitamin C: 3.16mg (3.83%), Fiber: 0.95g (3.78%), Zinc: 0.45mg (3.02%), Potassium: 93.58mg (2.67%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.26mg (1.29%)