



 **13%**
HEALTH SCORE

Simple Garlic and Basil Pesto

 **Gluten Free**

READY IN



15 min.

SERVINGS



12

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 0.1 cup brazil nuts
- 0.5 teaspoon chili powder
- 1 cup olive oil extra virgin
- 3 cups basil fresh chopped
- 2 tablespoons garlic minced
- 0.7 cup parmesan cheese grated
- 0.5 cup pinenuts

Equipment

blender

Directions

Place the basil in a blender.

Pour in about 1 tablespoon of the oil, and blend basil into a paste. Gradually add pine nuts, Brazil nuts, Parmesan cheese, garlic, chili powder, and remaining oil. Continue to blend until smooth.

Nutrition Facts

PROTEIN 10.54% **FAT 81.27%** **CARBS 8.19%**

Properties

Glycemic Index:9.17, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:5.8965217937594%

Flavonoids

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 106.09kcal (5.3%), Fat: 9.96g (15.32%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.24g (0.27%), Cholesterol: 4.83mg (1.61%), Sodium: 99.28mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Manganese: 0.63mg (31.55%), Vitamin K: 30.3µg (28.86%), Vitamin E: 1.22mg (8.14%), Phosphorus: 81.39mg (8.14%), Vitamin A: 391.02IU (7.82%), Calcium: 65.29mg (6.53%), Copper: 0.13mg (6.44%), Magnesium: 25.31mg (6.33%), Selenium: 3.64µg (5.19%), Zinc: 0.73mg (4.86%), Iron: 0.62mg (3.43%), Vitamin B1: 0.04mg (2.84%), Vitamin B2: 0.04mg (2.31%), Potassium: 75.76mg (2.16%), Vitamin B6: 0.04mg (1.94%), Vitamin C: 1.54mg (1.87%), Vitamin B3: 0.36mg (1.82%), Fiber: 0.43g (1.74%), Folate: 6.44µg (1.61%), Vitamin B12: 0.08µg (1.25%)