



 **81%**
HEALTH SCORE

Skinny Kale Basil Pesto

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



3

CALORIES



73 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 cups kale packed
- 1.5 cups basil packed
- 1.5 cups basil packed
- 0.5 juice of lemon juiced
- 3 garlic clove
- 1 Tbs miso
- 2 Tbs parmesan cheese freshly grated
- 0.5 Tbs walnut pieces chopped

- 1 Tbs water
- 0.5 Tbs olive oil

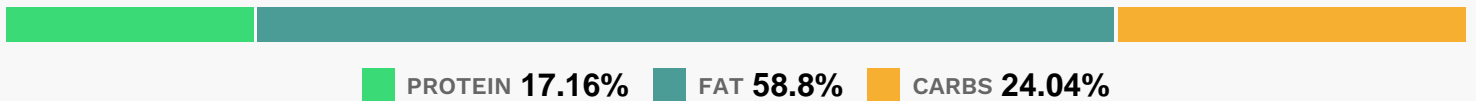
Equipment

- food processor

Directions

- Remove the kale and basil leaves from the stem and rinse.
- Roughly chop the kale leaves so that they fit inside a food processor.
- Place the kale and basil leaves into a food processor and chop until the leaves turn into small pieces.
- Add the rest of the ingredients into the food processor and mix until everything is well blended.
- Pour out all the ingredients into a dish and enjoy with your favorite dishes!

Nutrition Facts



Properties

Glycemic Index:94.33, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:12.771739130435%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 6.56mg, Kaempferol: 6.56mg, Kaempferol: 6.56mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Taste

Sweetness: 20.23%, Saltiness: 65.3%, Sourness: 84.14%, Bitterness: 72.03%, Savoriness: 16.96%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 72.77kcal (3.64%), Fat: 5.08g (7.82%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.22g (1.17%), Sugar: 0.74g (0.82%), Cholesterol: 2.9mg (0.97%), Sodium: 278.97mg (12.13%), Protein: 3.34g (6.68%), Vitamin K: 157.42µg (149.92%), Vitamin A: 2699.27IU (53.99%), Manganese: 0.53mg (26.35%), Vitamin C: 20.29mg (24.59%), Calcium: 118.27mg (11.83%), Copper: 0.16mg (8.1%), Folate: 29µg (7.25%), Iron: 1.26mg (6.99%), Magnesium: 27.6mg (6.9%), Phosphorus: 62.04mg (6.2%), Vitamin B6: 0.12mg (6.01%), Fiber: 1.45g (5.81%), Vitamin B2: 0.1mg (5.77%), Potassium: 162.11mg (4.63%), Vitamin E: 0.66mg (4.4%), Zinc: 0.63mg (4.18%), Selenium: 2.27µg (3.25%), Vitamin B1: 0.04mg (2.89%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.13mg (1.27%)