



The Best Pesto Ever

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.8 cup firmly basil leaves packed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter softened
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 cup firmly parsley leaves packed
- ☐ 2 tablespoons pinenuts

- ☐ 0.3 cup romano cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts

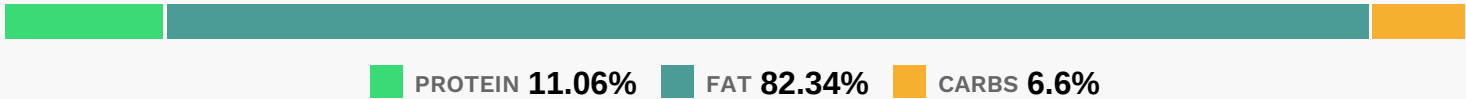
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place walnuts, pine nuts, salt, pepper, garlic, butter, basil, and parsley in to a blender or food processor. Turn the blender on, and add the olive oil in a slow, steady stream. Continue processing until a soft paste has formed. Fold in Parmesan and Romano cheeses. Store in the refrigerator covered by 1/4 inch of olive oil to prevent the surface from turning brown.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:7.3304347201534%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.83kcal (6.99%), Fat: 13.29g (20.44%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.32g (0.36%), Cholesterol: 12.98mg (4.32%), Sodium: 333.65mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin K: 58.02µg (55.26%), Manganese: 0.53mg (26.52%), Phosphorus: 99.47mg (9.95%), Calcium: 98.13mg (9.81%), Vitamin A: 482.98IU (9.66%), Copper: 0.14mg (7.2%), Vitamin E: 0.99mg (6.62%), Magnesium: 22.85mg (5.71%), Vitamin C: 4.27mg (5.17%), Zinc: 0.72mg (4.8%), Iron: 0.67mg (3.75%), Selenium: 2.51µg (3.58%), Folate: 12.41µg (3.1%), Vitamin B2: 0.05mg (3.03%), Vitamin B6: 0.06mg (2.79%), Fiber: 0.62g (2.49%), Vitamin B1: 0.04mg (2.45%), Potassium: 81.1mg (2.32%), Vitamin B12:

0.11µg (1.78%), Vitamin B3: 0.28mg (1.38%)