



## Walnut Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 2 cups basil fresh
- 2 cups basil fresh
- 2 cloves garlic
- 1 cup olive oil
- 3 tablespoons parmesan cheese freshly grated
- 1 pinch sea salt
- 3 tablespoons walnuts

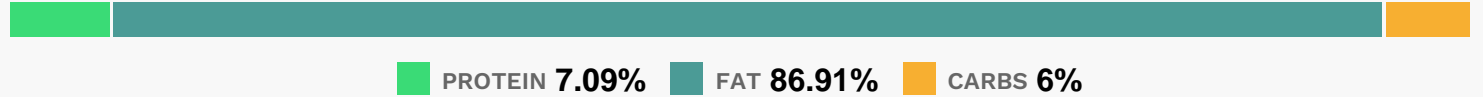
## Equipment

food processor

## Directions

Combine walnuts, basil, garlic, Parmesan and salt in food processor and process to a coarse puree. With the machine running, slowly add the oil. Scrape down the sides and process again. Store pesto in an airtight jar, preferably opaque to keep out the light. Keep pesto covered with a layer of oil to prevent the surface from browning. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.5673913043478%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 56.02kcal (2.8%), Fat: 5.63g (8.67%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.1g (0.11%), Cholesterol: 1.09mg (0.36%), Sodium: 25.63mg (1.11%), Protein: 1.03g (2.07%), Vitamin K: 35.46µg (33.78%), Manganese: 0.19mg (9.33%), Vitamin A: 433.36IU (8.67%), Vitamin E: 0.61mg (4.04%), Copper: 0.07mg (3.63%), Calcium: 28.6mg (2.86%), Magnesium: 9.63mg (2.41%), Phosphorus: 21.82mg (2.18%), Iron: 0.36mg (2%), Folate: 7.98µg (1.99%), Vitamin C: 1.63mg (1.97%), Vitamin B6: 0.03mg (1.65%), Zinc: 0.2mg (1.35%), Fiber: 0.31g (1.22%), Potassium: 38.97mg (1.11%)