



Walnut Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



165 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 oz basil leaves packed
- ☐ 2 cloves garlic
- ☐ 0.8 teaspoon honey
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt plus a little more if needed
- ☐ 0.5 cup walnuts toasted finely chopped

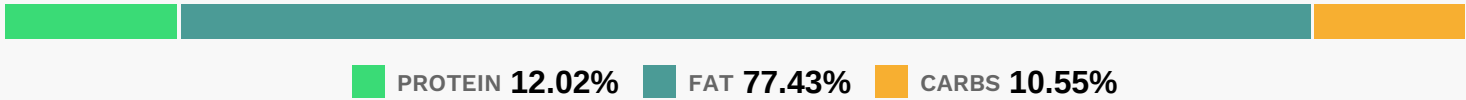
Equipment

☐ food processor

Directions

- ☐ Chop the basil and garlic in a mini food processor. Gradually add ½ cup of the oil.
- ☐ Add the walnuts, parmesan cheese, salt, lemon juice and honey and process until mixed. At this point, my pesto is sometimes a little too thick for my tastes so I add more oil. You can add more oil or leave it as is. Taste as you go. Adjust the salt if needed.

Nutrition Facts



Properties

Glycemic Index:34.45, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:8.1826085720373%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 14.83g (22.82%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.27g (1.41%), Cholesterol: 8.7mg (2.9%), Sodium: 292.31mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin K: 50.17µg (47.78%), Manganese: 0.56mg (27.98%), Vitamin A: 687.24IU (13.74%), Calcium: 122.41mg (12.24%), Copper: 0.24mg (11.9%), Phosphorus: 112.27mg (11.23%), Magnesium: 29.69mg (7.42%), Selenium: 4.29µg (6.13%), Zinc: 0.9mg (6.03%), Vitamin E: 0.85mg (5.66%), Vitamin B6: 0.1mg (5.23%), Folate: 20.23µg (5.06%), Iron: 0.8mg (4.43%), Vitamin C: 3.35mg (4.06%), Fiber: 1g (3.99%), Vitamin B2: 0.06mg (3.69%), Vitamin B1: 0.05mg (3.29%), Potassium: 110.93mg (3.17%), Vitamin B12: 0.14µg (2.25%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.25mg (1.26%)