



Yummy Vegan Pesto Classico



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



40 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 bunch basil leaves fresh
- ☐ 5 cloves garlic
- ☐ 0.3 cup nutritional yeast
- ☐ 0.7 cup olive oil
- ☐ 0.3 cup pinenuts
- ☐ 16 servings salt and pepper to taste

Equipment

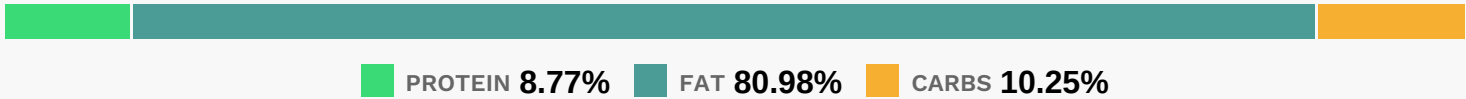
- ☐ food processor

☐ frying pan

Directions

- ☐ Place the pine nuts in a skillet over medium heat, and cook, stirring constantly, until lightly toasted.
- ☐ Gradually mix the pine nuts, olive oil, garlic, nutritional yeast, and basil in a food processor, and process until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.6221739079641%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 39.79kcal (1.99%), Fat: 3.77g (5.8%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 194.06mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.27mg (13.47%), Vitamin K: 4.69µg (4.47%), Vitamin E: 0.53mg (3.51%), Copper: 0.04mg (2.1%), Magnesium: 7.62mg (1.9%), Phosphorus: 17.89mg (1.79%), Fiber: 0.36g (1.44%), Iron: 0.25mg (1.41%), Zinc: 0.2mg (1.31%), Potassium: 40.42mg (1.15%)