



Basil Pesto (Large Font)

Feel free to use greens such as spinach or arugula to replace some of the basil in this recipe!

U.S.

3 Tbsp
2 cloves
4 cups
1/4 cup
3 Tbsp
1/2 each
3 Tbsp
1/4 tsp

Walnuts
Garlic
Basil, Fresh
Parmesan Cheese, grated
Water
Lemon, juiced
Extra Virgin Olive Oil
Kosher Salt

Metric

45g
2 cloves
100 g
25 g
45 mL
1/2 each
45 mL
1.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth.

Nutrition Facts

6 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **110**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated 0 g

Cholesterol 5 mg

Sodium 160 mg

Total Carbohydrate 2 g

 Dietary Fiber 1 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 8 %

Iron 4 %

Potassium 78 mg

Phosphorus 37 mg
