



Basil Pesto (Nut Free)

For a different flavor, try arugula, parsley, cilantro, spinach, or roasted red peppers in place of basil. If avoiding dairy, try adding nutritional yeast instead of parmesan.

U.S.

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

Sunflower Seeds
Garlic
Basil, fresh
Parmesan Cheese, grated
Water
Lemon, juiced
Olive Oil, Extra Virgin
Salt

Metric

26 g
2 cloves
910 g
20 g
45 mL
1/2 medium
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 Fat 0.5 g

Cholesterol 5 mg

Sodium 160 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 8 %

Iron 4 %

Potassium 100 mg

Phosphorus 85 mg
