



# Basil Pesto

Nutrition Facts Report  
Source: Custom

Yield: 44.81 (1.000 ounce(s))  
No. Ingredients: 5

Category: Basic Food  
Manufacturer: (None)

## Ingredients

- 2.000 lb. Basil
- 4.000 fl. oz. Olive Oil
- 6.000 oz. Parmesan Cheese, Grated
- 1.000 oz. Garlic Clove
- 2.000 oz. Almonds, Chopped

## Nutrition Facts

Serving Size 1.00 ounce(s) (28g)

Amount Per Serving			
Calories	51	Calories from Fat	38
% Daily Value			
Total Fat	4.3g		7 %
Saturated Fat	1.0g		5 %
Trans Fat	0.0g		
Cholesterol	3.3mg		1 %
Sodium	59.0mg		2 %
Total Carbohydrate	1.2g		0 %
Dietary Fiber	0.5g		2 %
Sugars	0.2g		
Protein	2.4g		
Vitamin A	22 %	Calcium	8 %
Vitamin C	6 %	Iron	4 %

## Instructions