Presto Pesto

Use pesto to add flavor to pizza, pasta, sandwiches, and much more!

Serves 20

Ingredients

- 2 cups fresh herbs (basil, cilantro, mint, or parsely)
- ¼ cup nuts (pine nuts, walnuts, hazelnuts, or pecans)
- ¼ cup shredded parmesan cheese
- ¼ cup olive oil
- 2 cloves of garlic
- 2 teaspoons warm water (more to get desired consistency
- Salt and pepper to taste

Directions

1. Puree ingredients in a food processor until you reach desired consistency, adding more water as needed.

Nutrition Facts

Serving Size (48g)
Servings Per Container 20

Amount Per Serving

Calories 70	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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