

# Pesto

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/white-sauce-pasta-recipe-italian-jamie-oliver>

## Ingredients:

- 1/2 clove garlic chopped
- sea salt
- ground black pepper freshly
- 3 fresh basil leaves good handfuls, picked and chopped
- 1 handful pine nuts very lightly toasted
- 1 Parmesan cheese good handful, freshly grated
- extra-virgin olive oil
- 1 lemon juice small squeeze, optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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