

# Basil Pesto Sauce

Yield: 10 min  
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/pesto-sauce-recipe-india>

## Ingredients:

- basil pesto sauce Traditional
- 1 cup fresh basil leaves packed
- 1 cup Italian parsley packed
- 3/4 cup Parmesan cheese
- 1/2 cup walnuts chopped
- 1/2 teaspoon salt each, and pepper
- 2/3 cup olive oil

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 240 milligrams

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