

# Homemade Red Pesto

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving, 1 tbsp; 15g / 0.5 oz):** Total carbs: 1.8 g, Fiber: 0.5 g,

**Net carbs: 1.3 g,** Protein: 0.9 g, Fat: 6.3 g, Calories: 65 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 440g / 15.5 oz jar, about 30 servings)

1 cup sun-dried tomatoes, drained (110g / 3.9 oz)

1/2 cup [macadamia nuts](#) (60g / 2.1 oz)

1/4 cup [cashew nuts](#) (30g / 1.1 oz)

1/2 cup parmesan cheese, grated (30g / 1.1 oz)

1/4 cup [tomato purée](#) (60g / 2.1 oz)

1/2 lemon, juice and zest or less to taste

2 cloves garlic (or more to taste)

1 cup fresh basil

1/2 cup [extra virgin olive oil](#) (120 ml / 4 fl oz)

1/2 tsp salt (I used [pink Himalayan](#))

*Note: Adding more garlic will have an impact on the net carbs content.*

*Keep in mind that each extra clove will add ~ 1 gram of net carbs.*

*When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Wash the basil, peel and mash the garlic, juice and zest the lemon. Place the oil, basil, garlic, lemon, nuts, sun-dried tomatoes and tomato purée into a food processor and pulse until smooth. *Note: Sun-dried tomatoes usually come in a jar filled with oil. I don't use the oil unless it's extra virgin olive oil. In most cases, it's a mixture of sunflower and olive oil.*
2. Grate the parmesan cheese and add to the mixture. Pulse again 3-4 times.
3. When done, use immediately or spoon the mixture in a glass jar, top with a bit of olive oil and seal properly with a lid.

## Suggestions

You can keep your pesto in the fridge for up to a week or two if it's stored properly. It helps to pour a thin layer of olive oil on the top, as it keeps it fresh for longer. Whenever you use pesto, always remember

to add a thin layer of olive oil on the top.

If you want to preserve home-made pesto for longer, freeze it in manageable portion sizes by putting it in an ice-cube tray and keep in a plastic bag in the freezer for up to 6 months. Whenever you need to use it, just keep the required portion at room temperature until it melts.

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