

Why You Should Have Pesto During Pregnancy



Helps manage an upset stomach



A good source of healthy fats



Low in calories



Good source of vitamin A



May help in lowering blood pressure



Loaded with antioxidants

References

1. Basil; PeaceHealth
2. Pesto sauce; Nutrition Value
3. Bioactive Compounds and Quality of Extra Virgin Olive Oil; NCBI
4. Functional and Sustainable Application of Natural Antioxidant Extract Recovered from Olive Mill Wastewater on Shelf-Life Extension of "Basil Pesto"; MDPI