



Baby Potatoes with Arugula Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 1 cup arugula
- ☐ 1 pound baby potatoes halved
- ☐ 0.5 cup basil
- ☐ 2 tablespoons chicken stock see unsalted
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 teaspoon pepper

☐ 0.4 teaspoon salt

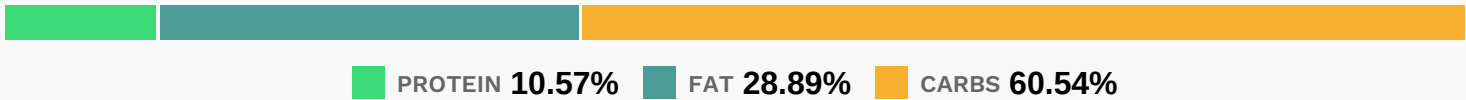
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Cook 11 minutes; drain.
- ☐ Pulse arugula, basil, Parmesan, chicken stock, olive oil, lemon juice, salt, and pepper in a mini food processor.
- ☐ Combine potatoes and arugula mixture in a medium bowl; toss.

Nutrition Facts



Properties

Glycemic Index:61.19, Glycemic Load:14.59, Inflammation Score:-4, Nutrition Score:8.0647826589968%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 133.84kcal (6.69%), Fat: 4.4g (6.77%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 18.09g (6.58%), Sugar: 1.23g (1.37%), Cholesterol: 1.92mg (0.64%), Sodium: 277.2mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin C: 25.1mg (30.42%), Vitamin K: 22.42µg (21.36%), Vitamin B6: 0.35mg (17.59%), Potassium: 520.48mg (14.87%), Manganese: 0.24mg (12.07%), Fiber: 2.67g (10.66%), Phosphorus: 88.79mg (8.88%), Magnesium: 32.2mg (8.05%), Copper: 0.15mg (7.26%), Vitamin B3: 1.37mg (6.84%), Folate: 26.35µg (6.59%), Vitamin B1: 0.1mg (6.57%), Iron: 1.13mg (6.25%), Vitamin A: 299.83IU (6%), Calcium: 57.69mg (5.77%), Vitamin E: 0.58mg (3.84%), Vitamin B5: 0.38mg (3.82%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.46mg (3.07%), Selenium: 1.1µg (1.57%)