



 **100%**
HEALTH SCORE

Fingerling Potatoes With Oregano Pesto

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds toasted sliced
- 1.5 pounds fingerling potatoes
- 2 cups parsley leaves fresh
- 2 large garlic cloves peeled
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 1 cup oregano leaves fresh
- 2 tablespoons parmesan cheese fresh grated

- 0.3 teaspoon salt
- 2 cups torn spinach leaves

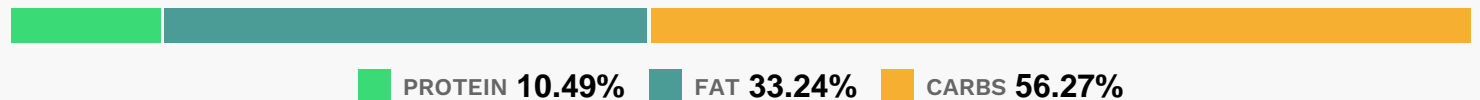
Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Combine first 8 ingredients in a food processor; process until smooth. With food processor on, slowly add oil through food chute; process until well-blended. Set aside.
- Preheat oven to 42
- Place potatoes on a jelly-roll pan.
- Bake at 425 for 20 minutes or until tender, stirring occasionally.
- Place potatoes in a large bowl; add 1/3 cup pesto, tossing gently to coat.
- Note: Store remaining pesto in an airtight container in refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:22.48, Inflammation Score:-10, Nutrition Score:31.590000124729%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 4.53mg, Myricetin: 4.53mg, Myricetin: 4.53mg, Myricetin: 4.53mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 280.71kcal (14.04%), Fat: 11.12g (17.11%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 31.52g (11.46%), Sugar: 2.48g (2.76%), Cholesterol: 1.7mg (0.57%), Sodium: 227.73mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin K: 646.57µg (615.78%), Vitamin C: 79.82mg (96.75%), Vitamin A: 4161.21IU (83.22%), Manganese: 1.18mg (59.11%), Iron: 8.28mg (46.02%), Fiber: 10.83g (43.32%), Vitamin B6: 0.71mg (35.64%), Vitamin E: 5.04mg (33.59%), Folate: 133.53µg (33.38%), Potassium: 1166.14mg (33.32%), Calcium: 314.45mg (31.45%), Magnesium: 113.58mg (28.39%), Copper: 0.38mg (19.07%), Phosphorus: 183.46mg (18.35%), Vitamin B3: 3.05mg (15.26%), Vitamin B2: 0.24mg (14.3%), Vitamin B1: 0.21mg (14%), Zinc: 1.46mg (9.74%), Vitamin B5: 0.79mg (7.92%), Selenium: 2.21µg (3.16%)