



WHATSheATE



Green Beans and Potatoes Tossed with Pesto



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 cups basil leaves fresh loosely packed
- ☐ 1 garlic clove minced
- ☐ 0.8 pound green beans trimmed cut into 1 1/2-inch pieces
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 1 tablespoon pinenuts

- ☐ 1.3 pounds potatoes red cut into 6 wedges
- ☐ 0.5 teaspoon salt

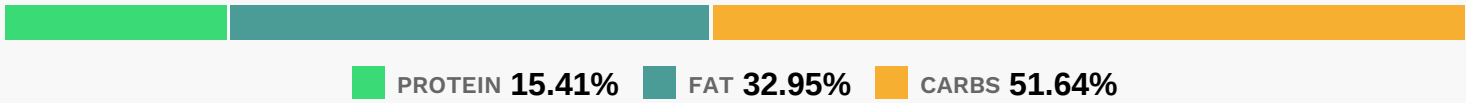
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine first 8 ingredients in a food processor; process until smooth.
- ☐ Bring water to a boil in a large saucepan.
- ☐ Add green beans, and cook 4 minutes or until tender.
- ☐ Remove beans from pan with a slotted spoon, and place in a large bowl.
- ☐ Add potatoes to pan, and cook 6 minutes or until tender.
- ☐ Drain.
- ☐ Add pesto and potatoes to beans, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:12.37391304905%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 5.63g (8.67%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 16.51g (6%), Sugar: 3.23g (3.59%), Cholesterol: 4.82mg (1.61%), Sodium: 366.93mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 62.89µg (59.89%), Manganese: 0.52mg (25.81%), Vitamin C: 16.65mg (20.19%), Vitamin A: 876.17IU (17.52%), Potassium: 595.69mg (17.02%), Phosphorus: 144.38mg (14.44%), Vitamin B6: 0.27mg (13.44%), Fiber: 3.36g (13.43%), Calcium: 130.57mg (13.06%), Magnesium: 47.75mg (11.94%), Copper: 0.23mg (11.27%), Folate: 42.35µg (10.59%), Iron: 1.72mg (9.57%), Vitamin B1: 0.14mg (9.09%), Vitamin B3: 1.72mg (8.62%), Vitamin B2: 0.12mg (7.31%), Zinc: 0.82mg (5.5%), Vitamin E: 0.81mg (5.43%), Vitamin B5: 0.46mg (4.61%), Selenium: 2.73µg (3.9%), Vitamin B12: 0.1µg (1.73%)