



HEALTH SCORE

100%

Lemony pesto potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



286 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 800 g waxy potatoes halved
- ☐ 1 small onion red halved sliced
- ☐ 200 g spinach leaves
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp pesto
- ☐ 1 juice of lemon

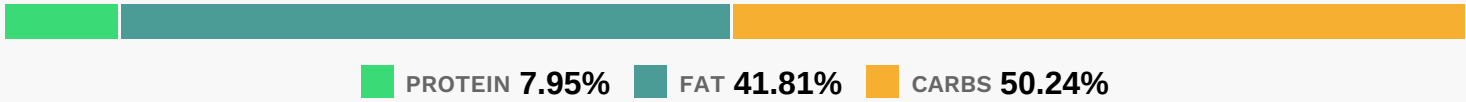
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes for about 15 mins or until tender.
- ☐ Drain, then return to the pan and roughly crush with a fork.
- ☐ Tip in the onion and spinach leaves.
- ☐ Pour over the olive oil, pesto and lemon juice, season to taste and toss to coat everything in the dressing.
- ☐ Serve warm with sausages, chicken or a steak.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:23.625217334084%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 285.99kcal (14.3%), Fat: 13.8g (21.22%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 32.19g (11.71%), Sugar: 4.39g (4.87%), Cholesterol: 0.6mg (0.2%), Sodium: 147.01mg (6.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin K: 253.73µg (241.65%), Vitamin A: 4854.7IU (97.09%), Vitamin C: 36.19mg (43.86%), Manganese: 0.77mg (38.34%), Potassium: 1236.98mg (35.34%), Folate: 139.73µg (34.93%), Vitamin B6: 0.47mg (23.7%), Magnesium: 86.7mg (21.67%), Fiber: 5.11g (20.44%), Copper: 0.34mg (17.25%), Vitamin E: 2.56mg (17.09%), Iron: 2.98mg (16.56%), Phosphorus: 155.07mg (15.51%), Vitamin B1: 0.22mg (14.36%), Vitamin B3: 2.7mg (13.49%), Vitamin B2: 0.17mg (9.71%), Calcium: 88.46mg (8.85%), Zinc: 0.98mg (6.5%), Vitamin B5: 0.63mg (6.34%), Selenium: 1.64µg (2.35%)