



Pesto Caprese Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby potatoes yellow halved
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces cherry tomato halves
- ☐ 6 ounces mozzarella cheese fresh cut into bite-size pieces
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup easy pesto

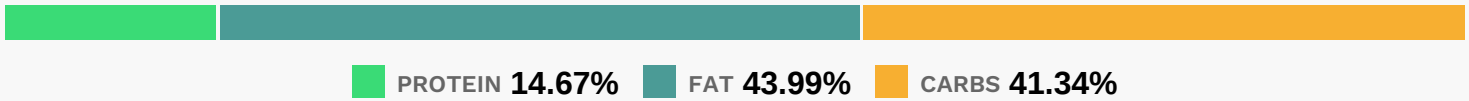
Equipment

- ☐ dutch oven

Directions

- ☐
- Bring potatoes and water to cover to a boil in a large Dutch oven over medium-high heat; cook 8 to 10 minutes or until tender.
- ☐
- Drain; rinse under cold running water. Gently toss together potatoes, Easy Pesto, tomato halves, mozzarella cheese, kosher salt, and freshly ground black pepper. Refrigerate in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:19.52, Inflammation Score:-6, Nutrition Score:11.966521615567%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 286.97kcal (14.35%), Fat: 14.16g (21.78%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 26.03g (9.47%), Sugar: 2.84g (3.16%), Cholesterol: 24.05mg (8.02%), Sodium: 577mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Vitamin C: 36.25mg (43.94%), Vitamin B6: 0.48mg (23.97%), Potassium: 722.14mg (20.63%), Calcium: 198.56mg (19.86%), Phosphorus: 194.74mg (19.47%), Fiber: 3.9g (15.59%), Vitamin A: 750.85IU (15.02%), Manganese: 0.29mg (14.57%), Magnesium: 43.29mg (10.82%), Vitamin B12: 0.65µg (10.77%), Copper: 0.19mg (9.5%), Vitamin B1: 0.14mg (9.32%), Iron: 1.63mg (9.08%), Vitamin B3: 1.78mg (8.88%), Zinc: 1.31mg (8.72%), Vitamin B2: 0.14mg (7.95%), Selenium: 5.42µg (7.75%), Folate: 29.89µg (7.47%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.23mg (1.53%)