



HEALTH SCORE

55%

Pesto Crushed Potatoes



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 cups lightly basil leaves fresh packed
- ☐ 2 cloves garlic divided minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 cup olive oil pure
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup lightly parsley leaves fresh packed
- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon salt fine

☐ 1 pound yukon gold potatoes

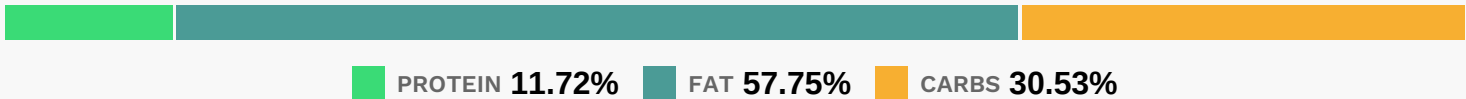
Equipment

- ☐ bowl
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ colander

Directions

- ☐ Prepare a bowl of ice water. Bring a large pot of water to a boil.
- ☐ Put the parsley and basil in a fine mesh strainer and plunge into the boiling water, pushing the leaves down into the water and stirring so they cook evenly for about 15 seconds.
- ☐ Remove and plunge directly into ice water.
- ☐ Drain immediately, squeeze dry and roughly chop.
- ☐ In a blender, puree the herbs with the oil, 1 tablespoon pine nuts, garlic, salt and pepper. When well blended add the cheese and pulse briefly just to mix.
- ☐ Transfer to a bowl and adjust seasoning.
- ☐ In a large pot filled halfway with cold salted water add the potatoes. Bring potatoes to a boil and simmer until a small knife can pierce through the center without resistance.
- ☐ Drain potatoes through a colander.
- ☐ In a large non-reactive mixing bowl add potatoes and crush gently with a fork, add in the pesto and remaining pine nuts and mix to coat the crushed potatoes evenly. Check for seasoning, serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:15.04, Inflammation Score:-9, Nutrition Score:21.16565229193%

Flavonoids

Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg, Apigenin: 32.37mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 294.35kcal (14.72%), Fat: 19.51g (30.01%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 19.58g (7.12%), Sugar: 1.45g (1.61%), Cholesterol: 8.5mg (2.83%), Sodium: 507.5mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin K: 333.84µg (317.94%), Vitamin C: 46.06mg (55.83%), Manganese: 1.11mg (55.43%), Vitamin A: 2315.99IU (46.32%), Calcium: 218.92mg (21.89%), Phosphorus: 215.78mg (21.58%), Vitamin B6: 0.41mg (20.67%), Potassium: 677.73mg (19.36%), Magnesium: 70.02mg (17.51%), Vitamin E: 2.55mg (17.02%), Iron: 3mg (16.68%), Copper: 0.32mg (16.17%), Fiber: 3.62g (14.47%), Folate: 56.67µg (14.17%), Zinc: 1.48mg (9.88%), Vitamin B1: 0.14mg (9.67%), Vitamin B3: 1.93mg (9.65%), Vitamin B2: 0.13mg (7.36%), Vitamin B5: 0.52mg (5.24%), Selenium: 3.49µg (4.99%), Vitamin B12: 0.15µg (2.5%)