



## Pesto Pasta with Green Beans and Potatoes

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 pound green beans fresh cut into 2 inch pieces
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 pound penne pasta dry
- ☐ 0.3 cup pesto
- ☐ 0.5 cup yogurt plain
- ☐ 4 potatoes red cut into 1/4 inch slices
- ☐ 4 servings salt and pepper to taste

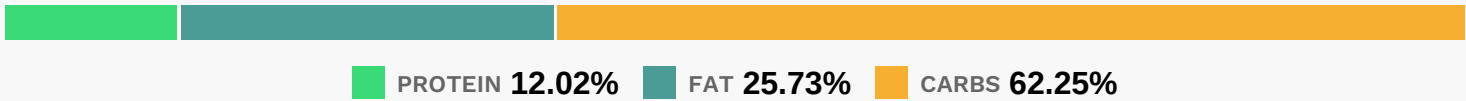
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Bring a large pot of lightly salted water to a boil, and cook the penne pasta for 8 to 10 minutes, until al dente.
- ☐ Remove from heat, drain, and return to the pot.
- ☐ Bring a medium saucepan of water to a boil, and cook the potatoes about 7 minutes.
- ☐ Place the green beans in the saucepan with the potatoes. Continue cooking about 3 minutes.
- ☐ Drain the partially cooked potatoes and green beans, and set aside.
- ☐ Heat the olive oil in a large skillet over medium heat, and saute the garlic about 1 minute. Stir in the potatoes and green beans. Season with salt and pepper. Cook and stir until potatoes and beans are tender and lightly browned.
- ☐ Toss the potato mixture into the pot with the drained pasta.
- ☐ Mix in the yogurt, pesto, and Parmesan cheese. Reserve a little Parmesan to sprinkle on top when serving.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:17.92, Inflammation Score:-7, Nutrition Score:19.77652170995%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 525.27kcal (26.26%), Fat: 15.11g (23.25%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 82.28g (27.43%), Net Carbohydrates: 75.74g (27.54%), Sugar: 7.29g (8.1%), Cholesterol: 11.07mg (3.69%), Sodium: 554.13mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.78%), Selenium: 40.04µg (57.2%), Manganese: 0.9mg (45.05%), Potassium: 1217.46mg (34.78%), Phosphorus: 317.73mg (31.77%), Vitamin C: 22.16mg (26.87%), Fiber: 6.55g (26.19%), Vitamin B6: 0.51mg (25.34%), Copper: 0.48mg (23.82%), Magnesium: 90.05mg (22.51%), Vitamin K: 20.71µg (19.72%), Vitamin B3: 3.65mg (18.26%), Vitamin B1: 0.26mg (17.26%), Calcium: 170.79mg (17.08%), Iron: 2.78mg (15.45%), Folate: 60.44µg (15.11%), Vitamin A: 711.61IU (14.23%), Zinc: 2.03mg (13.54%), Vitamin B2: 0.2mg (11.49%), Vitamin B5: 1.05mg (10.46%), Vitamin E: 0.75mg (5.03%), Vitamin B12: 0.2µg (3.29%)