



Pesto Pasta with Green Beans and Potatoes

READY IN



15 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces green beans ends trimmed
- 1 tablespoon kosher salt
- 1 pound pasta
- 1 ounce parmesan grated
- 1 cup pesto store-bought
- 8 ounces yukon gold potatoes peeled (if desired)

Equipment

- bowl

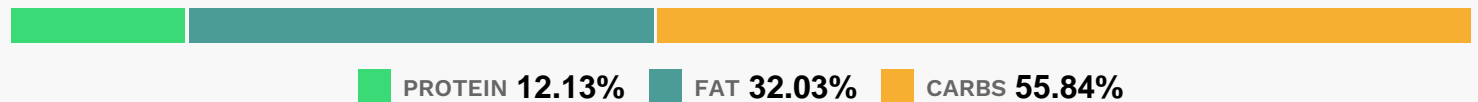
sauce pan

colander

Directions

- Cook the pasta according to the package directions. Meanwhile, place the potatoes and salt in a large saucepan.
- Add enough cold water to cover. Bring to a boil. Reduce heat and simmer until the potatoes are almost but not quite tender, about 15 minutes.
- Add the beans and cook until tender, about 5 minutes.
- Drain the potatoes and green beans in a colander.
- Let cool slightly.
- Cut the potatoes into a 1/2-inch dice and cut the green beans into 1-inch pieces.
- Place the pasta in a large bowl and add the potatoes, green beans, pesto, Parmesan, and pine nuts (if using). Toss to combine. Tip: There's no need to peel thin-skinned potatoes like Yukon golds. But be sure to scrub them.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:42.74, Inflammation Score:-9, Nutrition Score:22.852173820138%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 754.06kcal (37.7%), Fat: 26.69g (41.06%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 104.71g (34.9%), Net Carbohydrates: 96.93g (35.25%), Sugar: 7.82g (8.69%), Cholesterol: 9.78mg (3.26%), Sodium: 2451.81mg (106.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.48%), Selenium: 73.86µg (105.52%), Manganese: 1.29mg (64.28%), Vitamin A: 1795.44IU (35.91%), Phosphorus: 322.76mg (32.28%), Fiber: 7.78g (31.13%), Vitamin K: 31.79µg (30.27%), Calcium: 241.66mg (24.17%), Vitamin C: 19.82mg (24.02%), Magnesium: 94.02mg (23.51%), Copper: 0.44mg (22.07%), Vitamin B6: 0.43mg (21.73%), Potassium: 648mg (18.51%), Iron: 3.08mg (17.11%),

Vitamin B3: 3.06mg (15.32%), Zinc: 2.13mg (14.22%), Vitamin B1: 0.21mg (13.89%), Folate: 53.37µg (13.34%), Vitamin B2: 0.18mg (10.79%), Vitamin B5: 0.85mg (8.48%), Vitamin E: 0.44mg (2.91%), Vitamin B12: 0.09µg (1.42%)