



HEALTH SCORE

66%

Pesto Potato and Green Bean Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 3 cups lightly basil leaves fresh packed
- ☐ 1 clove garlic peeled
- ☐ 1 pound green beans trimmed cut into 1-inch pieces
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 pounds new potatoes red washed and cut into 1-inch chunks
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.3 cup pinenuts

☐ 6 servings salt and pepper black freshly ground

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ pot

☐ steamer basket

Directions

☐ Watch how to make this recipe.

☐ Place the potatoes in a large steamer basket fitted over a pot of boiling water. Cover and steam for 5 minutes.

☐ Add the green beans to the potatoes in the steamer and continue to cook, covered, for another 4 minutes.

☐ Drain and immediately plunge into an ice bath to cool.

☐ Transfer the vegetables to a large serving bowl.

☐ Add the pesto and stir to coat evenly. Season with salt and pepper and serve.

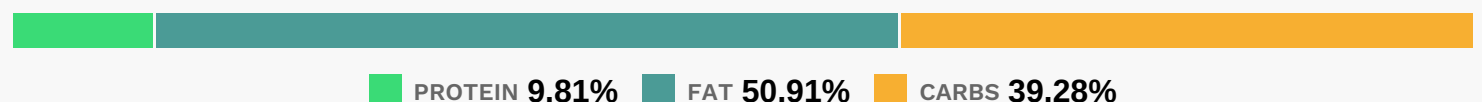
☐ Make a big batch of this pesto in the summer when the basil is fresh and plentiful. You can freeze it in ice cube trays, bag up the cubes, and have it year-round to use as a pasta sauce or to enhance the flavor of one. It is also excellent as a sandwich spread.

☐ Toast the pine nuts in a small, dry skillet over medium heat until fragrant and golden brown, shaking the pan frequently, about 3 minutes.

☐ In a food processor, process the pine nuts and garlic together until minced.

☐ Add the basil, Parmesan, lemon juice, and salt and pepper and process until finely minced. With the machine running, slowly pour the oil in a steady stream through the feed tube and process until well blended.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.67, Inflammation Score:-8, Nutrition Score:17.335652214677%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 240.87kcal (12.04%), Fat: 14.34g (22.06%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 20.48g (7.45%), Sugar: 4.27g (4.74%), Cholesterol: 2.83mg (0.94%), Sodium: 92.6mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Vitamin K: 94.29µg (89.8%), Manganese: 0.98mg (48.92%), Vitamin C: 22.3mg (27.03%), Vitamin A: 1197.48IU (23.95%), Potassium: 754.29mg (21.55%), Fiber: 4.41g (17.65%), Magnesium: 67.93mg (16.98%), Vitamin B6: 0.33mg (16.73%), Phosphorus: 167mg (16.7%), Copper: 0.33mg (16.46%), Vitamin E: 2.25mg (15.02%), Folate: 56.26µg (14.06%), Iron: 2.4mg (13.35%), Vitamin B1: 0.18mg (12.12%), Calcium: 112.37mg (11.24%), Vitamin B3: 2.23mg (11.16%), Vitamin B2: 0.15mg (8.86%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.56mg (5.56%), Selenium: 2.11µg (3.02%)