



Pesto Potato Salad

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

Ingredients

- 3 cups basil leaves fresh loosely packed
- 1 clove garlic
- 1 tablespoon juice of lemon
- 0.3 cup olive oil
- 0.3 cup parmesan grated
- 0.3 cup pinenuts
- 0.8 cup bell pepper red cored seeded coarsely chopped
- 1.5 pounds potatoes red

- 8 servings salt and pepper
- 0.8 cup bell pepper yellow cored seeded coarsely chopped

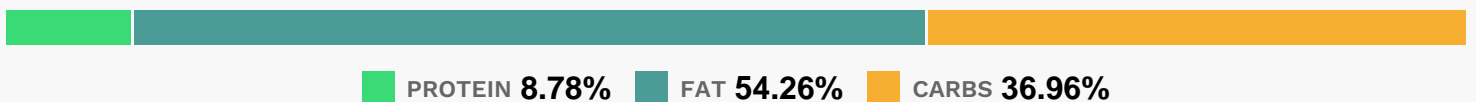
Equipment

- food processor
- bowl
- frying pan
- steamer basket

Directions

- Watch how to make this recipe.
- Put the potatoes in a large steamer basket over boiling water and steam for 20 minutes, or until they are cooked though, but the skins remain intact. Set them aside until they are cool enough to handle. Quarter the potatoes and put them in a large bowl.
- Add the peppers and the pesto and toss gently to combine. Season with salt and pepper, to taste, and chill.
- Toast the pine nuts in a dry pan over a medium heat until fragrant and golden brown, stirring frequently, about 3 minutes. In a food processor, process the pine nuts and the garlic until minced.
- Add the basil, Parmesan cheese and lemon juice and process until finely minced. With processor on, slowly pour the oil down the food chute. Process until well blended. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:12.645652070318%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 170.29kcal (8.51%), Fat: 10.7g (16.46%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 14.21g (5.17%), Sugar: 1.94g (2.15%), Cholesterol: 2.13mg (0.71%), Sodium: 260.66mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Vitamin C: 53.32mg (64.63%), Vitamin K: 46.9µg (44.66%), Manganese: 0.63mg (31.71%), Vitamin A: 971.78IU (19.44%), Potassium: 504.21mg (14.41%), Vitamin B6: 0.23mg (11.75%), Copper: 0.22mg (11.21%), Vitamin E: 1.68mg (11.18%), Phosphorus: 110.57mg (11.06%), Magnesium: 40mg (10%), Fiber: 2.18g (8.71%), Folate: 33.53µg (8.38%), Vitamin B3: 1.52mg (7.59%), Iron: 1.34mg (7.43%), Vitamin B1: 0.1mg (6.75%), Calcium: 65.6mg (6.56%), Zinc: 0.78mg (5.17%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.36mg (3.56%), Selenium: 1.3µg (1.85%)