



Pesto Potato Salad



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup caesar dressing reduced-fat
- ☐ 0.5 cup tomatoes dried packed without oil
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions sliced
- ☐ 0.5 cup nonfat cream sour
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons pesto
- ☐ 2 pounds round potatoes red

☐ 0.5 cup water hot

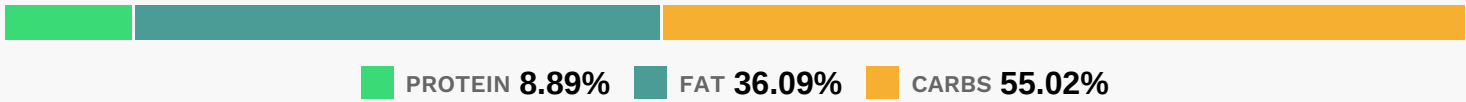
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coarsely chop tomatoes.
- ☐ Combine tomato and hot water in a small bowl; let stand 10 minutes.
- ☐ Drain and set aside.
- ☐ Cut potatoes into 1-inch pieces. Cook potato in boiling water to cover 15 to 17 minutes or until tender.
- ☐ Let cool slightly.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add tomato, potato, green onions, and garlic to skillet; saute 5 minutes.
- ☐ Add dressing, deglazing skillet by scraping particles that cling to bottom. Cook 1 minute; set aside, and keep warm.
- ☐ Combine sour cream, pesto, and pepper in a large bowl, stirring well.
- ☐ Add potato mixture, and toss lightly until combined.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:12.23782611282%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 238.15kcal (11.91%), Fat: 9.9g (15.24%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 29.87g (10.86%), Sugar: 6.2g (6.89%), Cholesterol: 7.22mg (2.41%), Sodium: 271.28mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin K: 39.44µg (37.56%), Potassium: 1058.99mg (30.26%), Vitamin C: 18.51mg (22.44%), Manganese: 0.43mg (21.4%), Copper: 0.35mg (17.57%), Fiber: 4.1g (16.41%), Vitamin B6: 0.31mg (15.61%), Phosphorus: 150.3mg (15.03%), Magnesium: 55.48mg (13.87%), Vitamin B3: 2.64mg (13.19%), Iron: 2.26mg (12.53%), Vitamin B1: 0.19mg (12.43%), Folate: 41.2µg (10.3%), Vitamin B2: 0.13mg (7.63%), Calcium: 72.25mg (7.22%), Vitamin A: 328.44IU (6.57%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.84mg (5.59%), Vitamin E: 0.68mg (4.55%), Selenium: 2.68µg (3.83%), Vitamin B12: 0.06µg (1.02%)