



Pesto Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



9

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 4 cups potato salad
- ☐ 0.5 cup basil pesto
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons pinenuts toasted

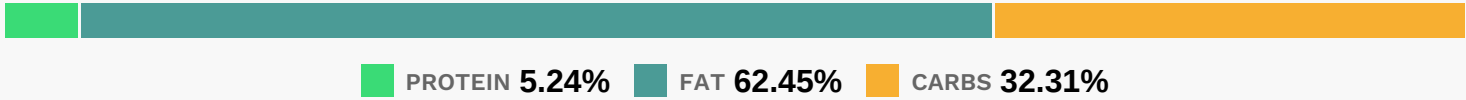
Equipment

- ☐ bowl

Directions

- ☐ Mix potato salad, pesto and bell pepper in large bowl.
- ☐ Just before serving, sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:7.55, Inflammation Score:-5, Nutrition Score:6.4282608084057%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 244.87kcal (12.24%), Fat: 17.09g (26.29%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 17.97g (6.54%), Sugar: 6.37g (7.08%), Cholesterol: 19.99mg (6.66%), Sodium: 494.75mg (21.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin K: 17.49µg (16.66%), Manganese: 0.33mg (16.47%), Vitamin A: 718.69IU (14.37%), Vitamin C: 11.5mg (13.94%), Potassium: 299.62mg (8.56%), Vitamin B6: 0.15mg (7.7%), Fiber: 1.92g (7.68%), Phosphorus: 73.82mg (7.38%), Vitamin E: 1.09mg (7.29%), Magnesium: 23.24mg (5.81%), Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.53mg (5.25%), Folate: 19.01µg (4.75%), Iron: 0.79mg (4.41%), Calcium: 39.78mg (3.98%), Selenium: 2.69µg (3.84%), Copper: 0.08mg (3.81%), Zinc: 0.53mg (3.54%), Vitamin B1: 0.05mg (3.21%), Vitamin B2: 0.03mg (1.82%), Vitamin B12: 0.08µg (1.3%)