

## Potato-Pesto Bake

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**165 kcal**

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 1 cup basil leaves
- 0.5 cup less-sodium chicken broth fat-free
- 2 tablespoons less-sodium chicken broth fat-free
- 2 garlic cloves
- 2 tablespoons juice of lemon
- 4 teaspoons olive oil divided
- 1 cup parsley sprigs
- 2 pounds potatoes red divided sliced ( )

- 0.5 ounce romano cheese fresh divided finely grated
- 0.5 ounce romano cheese fresh finely grated
- 0.5 teaspoon salt
- 1 tablespoon slivered almonds toasted

## Equipment

- food processor
- oven
- baking pan
- aluminum foil
- microwave

## Directions

- Preheat oven to 42
- Drop the almonds and garlic through food chute with food processor on, and process until minced.
- Add basil and parsley; process until finely chopped.
- Add 2 tablespoons broth, 2 tablespoons cheese, lemon juice, 2 teaspoons oil, and salt; process until smooth.
- Spread 2 teaspoons oil in an 11 x 7-inch baking dish coated with cooking spray. Arrange 2 cups potatoes in bottom of baking dish; spread 3 tablespoons basil mixture over potatoes, and sprinkle with 2 teaspoons cheese. Repeat the procedure with 2 cups potatoes, 3 tablespoons basil mixture, and 2 teaspoons cheese. Top with 2 cups potatoes.
- Microwave 1/2 cup broth at high 1 1/2 minutes or until very hot.
- Pour over potatoes; spread remaining basil mixture over potatoes. Cover with foil; bake at 425 for 45 minutes. Uncover; sprinkle with 2 teaspoons cheese, and bake an additional 15 minutes or until tender.

## Nutrition Facts



**PROTEIN 12.45%** **FAT 26.96%** **CARBS 60.59%**

## Properties

Glycemic Index:32.67, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:14.992173890705%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 165.41kcal (8.27%), Fat: 5.14g (7.92%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 22.81g (8.3%), Sugar: 2.33g (2.58%), Cholesterol: 4.91mg (1.64%), Sodium: 381.28mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Vitamin K: 186.71µg (177.82%), Vitamin C: 29.27mg (35.48%), Potassium: 787.81mg (22.51%), Vitamin A: 1084IU (21.68%), Manganese: 0.33mg (16.73%), Phosphorus: 148.75mg (14.87%), Vitamin B6: 0.3mg (14.83%), Copper: 0.26mg (13%), Fiber: 3.21g (12.83%), Magnesium: 48.05mg (12.01%), Folate: 47.47µg (11.87%), Iron: 2.02mg (11.22%), Vitamin B3: 2.11mg (10.56%), Vitamin B1: 0.14mg (9.5%), Calcium: 93.97mg (9.4%), Vitamin E: 0.95mg (6.35%), Vitamin B2: 0.1mg (6.06%), Zinc: 0.83mg (5.54%), Vitamin B5: 0.54mg (5.39%), Selenium: 2.2µg (3.15%), Vitamin B12: 0.1µg (1.68%)