



Potato Salad with Arugula Pesto, Peas, and Zucchini

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces arugula trimmed
- ☐ 0.3 cup basil leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons green onions sliced
- ☐ 2.5 ounces peas green shelled
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 4 cups potatoes red cubed 1 1/4 pounds
- ☐ 0.5 teaspoon salt
- ☐ 2 cups torn spinach
- ☐ 1 tablespoon water
- ☐ 1 cup zucchini diced

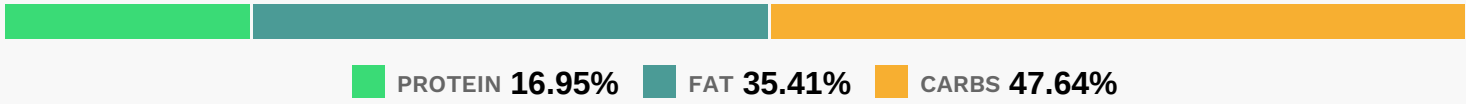
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To prepare pesto, combine first 5 ingredients in a food processor; process until minced.
- ☐ Add lemon juice and next 4 ingredients (lemon juice through pepper); process until well-blended.
- ☐ Place potato in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 9 minutes.
- ☐ Add peas, and cook 1 minute or until tender.
- ☐ Drain.
- ☐ Combine the potato mixture, pesto, and zucchini in a bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:56.87, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:13.303478274656%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 112.81kcal (5.64%), Fat: 4.63g (7.13%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 11.36g (4.13%), Sugar: 2.73g (3.03%), Cholesterol: 3.86mg (1.29%), Sodium: 350.3mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin K: 90.94µg (86.61%), Vitamin A: 1700.59IU (34.01%), Vitamin C: 22.98mg (27.85%), Manganese: 0.36mg (17.94%), Folate: 64.67µg (16.17%), Potassium: 505.19mg (14.43%), Calcium: 116.14mg (11.61%), Phosphorus: 114.9mg (11.49%), Fiber: 2.66g (10.64%), Vitamin B6: 0.21mg (10.47%), Magnesium: 41.53mg (10.38%), Vitamin B1: 0.12mg (7.84%), Iron: 1.39mg (7.74%), Copper: 0.15mg (7.71%), Vitamin B2: 0.12mg (6.85%), Vitamin B3: 1.27mg (6.34%), Vitamin E: 0.8mg (5.33%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.33mg (3.28%), Selenium: 2.07µg (2.95%), Vitamin B12: 0.07µg (1.13%)