

 61%
HEALTH SCORE

Roasted Fingerling Potatoes with Chive Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds fingerling potatoes halved lengthwise
- ☐ 0.5 cup chives fresh packed plus more for garnish chopped ()
- ☐ 0.5 cup parsley fresh packed chopped ()
- ☐ 1 garlic clove
- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons slivered almonds chopped

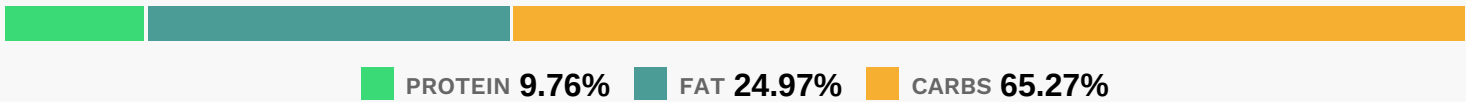
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. In a medium bowl, toss potatoes with 1 tablespoon oil to coat; season generously with salt and pepper.
- ☐ Spread potato halves in a single layer on a rimmed baking sheet. Roast potatoes, turning occasionally, until tender and golden brown,25–30 minutes.
- ☐ Meanwhile, combine 1/2 cup chives, parsley, almonds, and garlic in a processor. Pulse until finely chopped. With machine running, gradually add remaining oil through feed tube and process until incorporated.
- ☐ Transfer chive pesto to a small bowl. Stir in lemon juice, then 2 tablespoons water. Season pesto with salt and pepper.
- ☐ Transfer potatoes to a platter.
- ☐ Drizzle with half of pesto; sprinkle with additional chopped chives.
- ☐ Serve with remaining pesto.
- ☐ Per serving: 356 calories, 23 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.79, Glycemic Load:17.08, Inflammation Score:-6, Nutrition Score:13.129130495631%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 145.96kcal (7.3%), Fat: 4.19g (6.45%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 21.02g (7.64%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 11.04mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin K: 93.19µg (88.75%), Vitamin C: 35.45mg (42.97%), Vitamin B6: 0.41mg (20.56%), Potassium: 624.05mg (17.83%), Manganese: 0.32mg (16.02%), Fiber: 3.62g (14.47%), Vitamin A: 569.67IU (11.39%), Magnesium: 43.72mg (10.93%), Phosphorus: 97.33mg (9.73%), Copper: 0.19mg (9.65%), Iron: 1.55mg (8.62%), Folate: 34.1µg (8.52%), Vitamin E: 1.25mg (8.34%), Vitamin B1: 0.12mg (8.07%), Vitamin B3: 1.61mg (8.04%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.44mg (4.45%), Zinc: 0.57mg (3.78%), Calcium: 36.28mg (3.63%)