



Roasted Fingerlings with Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb grain sandwich thins yellow cut in half lengthwise (fingerlings)
- 1 tablespoon olive oil
- 1.3 cups basil fresh loosely packed
- 0.3 cup parmesan cheese freshly grated
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons pinenuts
- 0.5 teaspoon kosher salt (coarse)
- 0.3 teaspoon pepper freshly ground
- 2 cloves garlic peeled

1 leaves basil fresh

Equipment

food processor

frying pan

oven

blender

Directions

Heat oven to 425°F. In ungreased 18x13-inch half-sheet pan, toss potatoes and 1 tablespoon oil until potatoes are well coated. Arrange potatoes in single layer in pan.

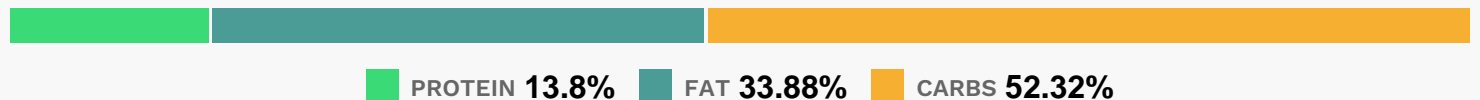
Roast uncovered 25 to 30 minutes, stirring after 15 minutes, until potatoes are tender and golden.

Meanwhile, in blender or food processor, place all remaining ingredients except additional basil. Cover; blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth. Reserve 1/3 cup pesto; refrigerate remaining pesto for later use.

Toss roasted potatoes with reserved pesto.

Garnish with additional basil.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:11.626087013794%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 527.01kcal (26.35%), Fat: 21.72g (33.41%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 75.47g (25.16%), Net Carbohydrates: 57.66g (20.97%), Sugar: 7.18g (7.98%), Cholesterol: 4.83mg (1.61%), Sodium: 889.5mg

(38.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.9g (39.81%), Fiber: 17.82g (71.26%), Vitamin K: 31.77µg (30.26%), Folate: 89.34µg (22.33%), Vitamin B1: 0.33mg (22.26%), Vitamin B3: 4.42mg (22.11%), Calcium: 201.7mg (20.17%), Manganese: 0.38mg (19.22%), Vitamin E: 2.45mg (16.3%), Vitamin B2: 0.15mg (8.9%), Vitamin A: 317.71IU (6.35%), Phosphorus: 58.9mg (5.89%), Copper: 0.07mg (3.5%), Magnesium: 13.96mg (3.49%), Zinc: 0.51mg (3.4%), Selenium: 2.13µg (3.04%), Iron: 0.48mg (2.65%), Vitamin C: 1.25mg (1.52%), Potassium: 50.42mg (1.44%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.25%)