



WHATSheATE



Roasted Potatoes with Arugula-Pistachio Pesto

 Gluten Free

READY IN



58 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 1.5 ounces arugula leaves packed
- ☐ 0.4 teaspoon pepper black divided freshly ground
- ☐ 2 pounds fingerling potatoes halved lengthwise
- ☐ 1 garlic clove
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin divided

- ☐ 3 tablespoons parmesan cheese fresh grated
- ☐ 1.5 tablespoons pistachios
- ☐ 2 teaspoons water

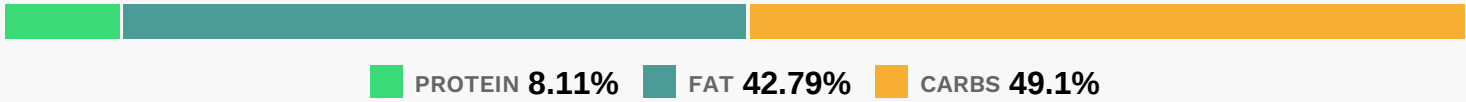
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place a jelly-roll pan in oven. Preheat oven to 400
- ☐ Combine potatoes and 1 tablespoon oil in a medium bowl; toss well. Arrange potatoes in a single layer on preheated pan.
- ☐ Sprinkle potatoes with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake at 400 for 20 minutes; toss potatoes.
- ☐ Bake an additional 25 minutes or until tender, stirring every 10 minutes.
- ☐ Combine remaining 3 tablespoons oil, remaining 1/4 teaspoon salt, 1/8 teaspoon pepper, arugula leaves, Parmesan cheese, pistachios, 2 teaspoons water, lemon juice, and garlic in a food processor; process until smooth.
- ☐ Combine arugula mixture and hot potatoes in a medium bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:19.52, Inflammation Score:-5, Nutrition Score:9.9508696153112%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 219.43kcal (10.97%), Fat: 10.69g (16.44%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.92g (8.7%), Sugar: 1.53g (1.7%), Cholesterol: 1.7mg (0.57%), Sodium: 342.13mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin C: 31.59mg (38.3%), Vitamin B6: 0.49mg (24.62%), Potassium: 689.32mg (19.69%), Vitamin K: 16.27µg (15.5%), Manganese: 0.3mg (15.11%), Fiber: 3.68g (14.71%), Phosphorus: 117.47mg (11.75%), Magnesium: 41.91mg (10.48%), Copper: 0.2mg (9.89%), Vitamin B1: 0.14mg (9.52%), Vitamin E: 1.39mg (9.29%), Vitamin B3: 1.65mg (8.26%), Folate: 32.48µg (8.12%), Iron: 1.45mg (8.06%), Calcium: 62.91mg (6.29%), Vitamin B5: 0.51mg (5.06%), Vitamin A: 199.32IU (3.99%), Zinc: 0.59mg (3.94%), Vitamin B2: 0.07mg (3.93%), Selenium: 1.25µg (1.78%)