



Sugar Snap Peas and Potatoes with Parsley Pesto

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 1 leaf flat parsley
- ☐ 4 cups flat parsley
- ☐ 2 garlic clove chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 cup pinenuts
- ☐ 1 pound potatoes – remove skin red halved ()

☐ 1.5 pounds sugar snap peas

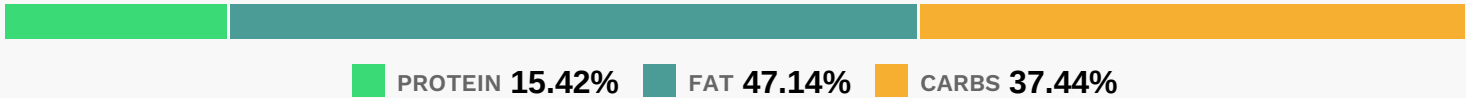
Equipment

- ☐ food processor
- ☐ pot
- ☐ plastic wrap
- ☐ colander

Directions

- ☐ Pulse parsley with cheese, pine nuts, garlic, and 1/2 teaspoon each of salt and pepper in a food processor until finely chopped. With motor running, add 1/2 cup oil in a slow stream, blending until incorporated and almost smooth.
- ☐ Cover potatoes with water in a medium pot and season well with salt, then boil until tender, 10 to 12 minutes.
- ☐ Drain in a colander.
- ☐ Heat remaining tablespoon oil in a wide medium pot over medium-high heat until it shimmers. Sauté sugar snaps until crisp-tender, about 4 minutes.
- ☐ Remove from heat and add potatoes and pesto, stirring gently to coat.
- ☐ Transfer to a serving dish to cool quickly (so pesto doesn't separate).
- ☐ Pesto can be made 2 days ahead and chilled, its surface covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:24.523913091292%

Flavonoids

Apigenin: 64.92mg, Apigenin: 64.92mg, Apigenin: 64.92mg, Apigenin: 64.92mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 192.52kcal (9.63%), Fat: 10.58g (16.27%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 14.4g (5.24%), Sugar: 4.75g (5.28%), Cholesterol: 4.25mg (1.42%), Sodium: 130.95mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.57%), Vitamin K: 523.25µg (498.33%), Vitamin C: 96.27mg (116.69%), Vitamin A: 3517.5IU (70.35%), Manganese: 1.09mg (54.61%), Iron: 4.6mg (25.54%), Folate: 95.04µg (23.76%), Phosphorus: 190.17mg (19.02%), Potassium: 654.13mg (18.69%), Magnesium: 72.06mg (18.02%), Fiber: 4.5g (17.99%), Calcium: 160.55mg (16.05%), Vitamin B1: 0.23mg (15.6%), Copper: 0.3mg (15.18%), Vitamin B6: 0.28mg (14.12%), Vitamin E: 1.75mg (11.69%), Zinc: 1.46mg (9.76%), Vitamin B5: 0.98mg (9.76%), Vitamin B3: 1.95mg (9.74%), Vitamin B2: 0.16mg (9.17%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.08µg (1.25%)