



Tricolor Potatoes with Pesto and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil fresh packed ()
- ☐ 4 garlic clove
- ☐ 8 tablespoons olive oil
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 1 pound purple potatoes (each)
- ☐ 1.5 pounds potatoes – remove skin
- ☐ 2 large shallots
- ☐ 1.5 pounds yukon gold potatoes (each)

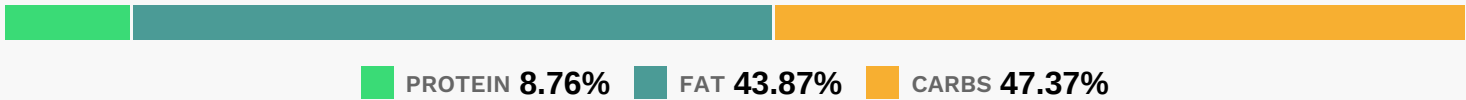
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ skewers

Directions

- ☐ Blend 4 tablespoons olive oil, basil, shallots, and garlic in processor until smooth. Season basil sauce to taste with salt and pepper. (Can be made 8 hours ahead. Cover and refrigerate.)
- ☐ Preheat oven to 400°F. Spray large baking sheet with nonstick spray. Toss all potatoes with 4 tablespoons olive oil, salt, and pepper in large bowl to coat.
- ☐ Transfer to prepared baking sheet. Roast potatoes until almost tender, about 35 minutes.
- ☐ Pour basil sauce over potatoes and toss to coat. Continue roasting potatoes until golden brown and tender when pierced with skewer, about 20 minutes longer.
- ☐ Transfer potatoes to serving bowl.
- ☐ Add cheese and toss to coat.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:14.84, Inflammation Score:-5, Nutrition Score:11.416521839474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 271.47kcal (13.57%), Fat: 13.52g (20.81%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 28.98g (10.54%), Sugar: 2.18g (2.42%), Cholesterol: 6.53mg (2.17%), Sodium: 151.42mg (6.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin C: 29.4mg (35.63%), Vitamin B6: 0.49mg (24.61%), Potassium: 829.49mg (23.7%), Vitamin K: 21.02µg (20.02%), Manganese: 0.34mg (16.9%), Phosphorus: 159.87mg (15.99%), Fiber: 3.88g (15.5%), Copper: 0.23mg (11.69%), Magnesium: 46.56mg (11.64%), Vitamin E: 1.69mg (11.28%), Vitamin B1: 0.15mg (10.27%), Vitamin B3: 2.02mg (10.11%), Calcium: 95.09mg (9.51%), Iron: 1.63mg (9.08%), Folate: 34.21µg (8.55%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.09mg (5.14%), Selenium: 3.54µg (5.06%), Vitamin A: 198.8IU (3.98%), Vitamin B12: 0.1µg (1.69%)