



Warm Ribbon Courgette & Potato Salad with Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 9 baby potatoes cooked
- ☐ 2 courgettes thick peeled
- ☐ 1 clove garlic finely grated
- ☐ 3 servings enough pesto to serve fresh
- ☐ 1 tbsp rapeseed oil cold pressed
- ☐ 3 servings grinding of salt and pepper good

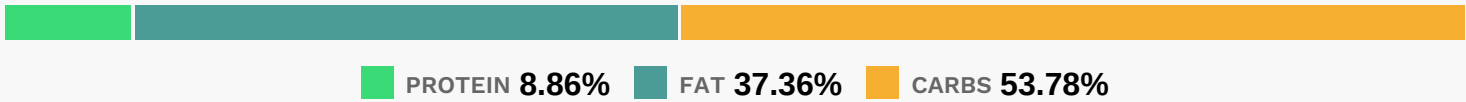
Equipment

☐ wok

Directions

- ☐ Heat the oil in a hot wok and lightly cook the courgette ribbons with the garlic until just tender.
- ☐ Add the potatoes and toss.
- ☐ Season with salt and pepper.
- ☐ Drizzle some homemade pesto over each salad. It may help to loosen the pesto with some olive oil or rapeseed oil.notes: Use my recipe for traditional pesto. If you are making this dish for vegans, just leave out the parmesan

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:21.99, Inflammation Score:-7, Nutrition Score:14.61130421058%

Flavonoids

Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 252.37kcal (12.62%), Fat: 10.79g (16.6%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 29.68g (10.79%), Sugar: 5.07g (5.63%), Cholesterol: 1.2mg (0.4%), Sodium: 354.74mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin C: 56.8mg (68.85%), Vitamin B6: 0.72mg (36.05%), Potassium: 1052.37mg (30.07%), Manganese: 0.51mg (25.28%), Fiber: 5.26g (21.05%), Magnesium: 62.42mg (15.6%), Phosphorus: 146.94mg (14.69%), Folate: 58.27µg (14.57%), Vitamin B1: 0.2mg (13.01%), Copper: 0.25mg (12.69%), Vitamin B3: 2.37mg (11.84%), Vitamin K: 12.15µg (11.58%), Vitamin A: 567.18IU (11.34%), Iron: 1.9mg (10.55%), Vitamin B2: 0.18mg (10.45%), Vitamin B5: 0.77mg (7.7%), Calcium: 67.15mg (6.71%), Vitamin E: 0.99mg (6.61%), Zinc: 0.92mg (6.12%), Selenium: 0.91µg (1.3%)