



Bacon and Pancetta Potatoes

 Gluten Free  Dairy Free

READY IN



54 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground for seasoning
- 2 tablespoons thyme leaves fresh coarsely chopped
- 1 garlic clove thinly sliced
- 0.3 teaspoon kosher salt for seasoning
- 2 slices pancetta cut into 1/4-inch pieces (1/)
- 3 medium russet potatoes peeled cut into 1/2-inch cubes
- 4 slices bacon thick-cut roughly chopped

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Heat a large nonstick skillet over medium heat.
- Add the bacon and pancetta. Cook, stirring occasionally, until the bacon and pancetta are brown and crispy, about 10 to 12 minutes. Using a slotted spoon, remove the bacon and pancetta pieces to paper towels to drain.
- Add the potatoes and garlic to the pan. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring frequently, until the potatoes are golden and cooked through, about 20 to 25 minutes.
- Add the thyme, cooked bacon and cooked pancetta to the skillet and cook for 5 minutes. Season with salt and pepper, to taste.
- Transfer the potatoes to a large serving bowl and serve immediately.

Nutrition Facts



PROTEIN 11.59% **FAT 49.45%** **CARBS 38.96%**

Properties

Glycemic Index:47.94, Glycemic Load:22.95, Inflammation Score:-10, Nutrition Score:10.566086893496%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 310.48kcal (15.52%), Fat: 17.26g (26.56%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 27.99g (10.18%), Sugar: 1g (1.11%), Cholesterol: 28.38mg (9.46%), Sodium: 438.46mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin B6: 0.69mg (34.37%), Potassium: 777.31mg (22.21%), Vitamin C: 14.94mg (18.11%), Vitamin B3: 3.45mg (17.27%), Manganese: 0.34mg (17.23%), Vitamin B1: 0.25mg (16.87%), Phosphorus: 154.84mg (15.48%), Selenium: 9.4µg (13.42%), Iron: 2.19mg (12.15%), Magnesium:

47.91mg (11.98%), Fiber: 2.61g (10.46%), Copper: 0.21mg (10.3%), Vitamin B5: 0.74mg (7.4%), Zinc: 1.04mg (6.96%), Vitamin B2: 0.11mg (6.18%), Folate: 23.98µg (6%), Calcium: 39.09mg (3.91%), Vitamin A: 184.54IU (3.69%), Vitamin B12: 0.22µg (3.58%), Vitamin K: 3.09µg (2.95%), Vitamin E: 0.2mg (1.35%), Vitamin D: 0.17µg (1.15%)