



Chanterelle-Potato Salad with Pancetta, Shallots, and Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 12 ounces chanterelles fresh
- ☐ 0.3 cup chardonnay
- ☐ 1 tablespoon chives chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 teaspoons thyme leaves fresh

- ☐ 4 medium cloves garlic minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 ounces pancetta diced thick-cut
- ☐ 1 medium shallots minced
- ☐ 0.5 cup white-wine vinaigrette
- ☐ 3 pounds baby yukon gold potatoes halved lengthwise cut into quarters)

Equipment

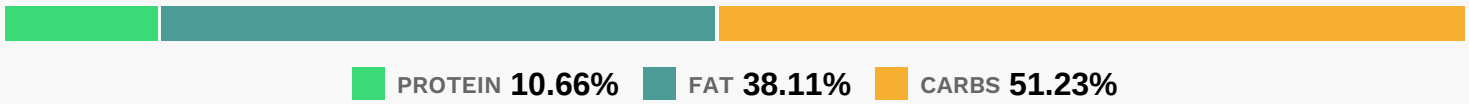
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Wipe chanterelles with a damp cloth or scrape with a knife to remove dirt; cut away dry, woody parts. Tear mushrooms into 1-in. pieces.
- ☐ Cook pancetta in a large frying pan over medium-high heat until crisp and browned, about 7 minutes.
- ☐ Transfer with a slotted spoon to paper towels, reserving drippings.
- ☐ Toss potatoes with 3 tbsp. reserved pancetta drippings (see Notes), garlic, thyme, 1 tsp. salt, and 1/2 tsp. pepper. Divide potatoes between two 9- by 13-in. glass baking pans.
- ☐ Bake, stirring every 10 minutes, until tender, well browned, and crispy, 25 to 35 minutes.
- ☐ Remove from oven and keep warm.
- ☐ Melt butter in a large frying pan over medium-high heat.
- ☐ Add shallot and cook until soft, 1 minute.

- ☐
- Add mushrooms and cook, stirring occasionally, until browned, 5 to 6 minutes.
- ☐
- Add Chardonnay, remaining 1/2 tsp. salt, and remaining 1/4 tsp. pepper; scrape up browned bits and cook until liquid evaporates, about 2 minutes.
- ☐
- In a large bowl, toss together potatoes, mushrooms, pancetta, tarragon, and chives.
- ☐
- Drizzle with vinaigrette.
- ☐
- Serve warm, with fennel-spiced wild salmon.

Nutrition Facts



Properties

Glycemic Index:51.97, Glycemic Load:22.69, Inflammation Score:-7, Nutrition Score:15.244782649952%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 292.13kcal (14.61%), Fat: 11.81g (18.17%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 29.97g (10.9%), Sugar: 2.33g (2.59%), Cholesterol: 21.56mg (7.19%), Sodium: 616.38mg (26.8%), Alcohol: 2.58g (100%), Alcohol %: 1.2% (100%), Protein: 7.43g (14.86%), Vitamin C: 36.12mg (43.78%), Vitamin B6: 0.66mg (33.2%), Manganese: 0.62mg (31.11%), Potassium: 1068.01mg (30.51%), Vitamin B3: 4.6mg (23%), Fiber: 5.75g (22.98%), Iron: 3.7mg (20.56%), Copper: 0.37mg (18.45%), Phosphorus: 167.84mg (16.78%), Vitamin D: 2.34µg (15.59%), Magnesium: 58.17mg (14.54%), Vitamin B1: 0.21mg (14.17%), Vitamin B2: 0.2mg (11.58%), Vitamin B5: 1.12mg (11.18%), Folate: 34.97µg (8.74%), Selenium: 6.12µg (8.74%), Zinc: 1.19mg (7.95%), Calcium: 58.22mg (5.82%), Vitamin K: 4.73µg (4.51%), Vitamin A: 213.6IU (4.27%), Vitamin B12: 0.11µg (1.87%), Vitamin E: 0.19mg (1.3%)