



Creamy Potato and Prosciutto Salad

 Gluten Free  Dairy Free

READY IN



94 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons apple cider vinegar
- 1 cup mayonnaise
- 1 tablespoon olive oil
- 2 pounds bliss potatoes red quartered
- 4 ounces pancetta
- 2 scallions finely chopped
- 0.3 cup mustard stone-ground
- 1 teaspoon sugar

- 0.5 teaspoon paprika sweet

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- pot
- colander

Directions

- Watch how to make this recipe.
- Kosher salt and freshly ground black pepper
- Heat the oven to 400 degrees F.
- Brush a baking sheet with olive oil and place the prosciutto in one layer on the sheet.
- Bake in the oven until the fat is rendered and prosciutto is crisp, 12 to 14 minutes.
- Remove the strips to a wire rack and allow to cool completely. Once cooled, hand-crush the prosciutto and set aside in a bowl.
- Add the potatoes to a large pot of cold water along with a pinch of salt. Bring to a boil and lower to a simmer, cooking until the potatoes are just fork tender, about 15 minutes. Keep in mind the potatoes will continue to cook when you remove them from the water and you don't want a mushy potato salad.
- Remove the potatoes from the heat and drain in a colander.
- Place the colander over the now empty pot to allow the moisture to evaporate from the potatoes.
- To make the dressing: In a large bowl, whisk the scallions, sugar, mayonnaise, sweet paprika, ground mustard, and apple cider vinegar together. Taste and then season with salt and a few grinds of pepper.
- Add the potatoes and toss. Refrigerate for at least 1 hour.

Remove and sprinkle the crispy prosciutto over the top.

Nutrition Facts

PROTEIN 5.24% **FAT 71.21%** **CARBS 23.55%**

Properties

Glycemic Index:53.81, Glycemic Load:20.01, Inflammation Score:-5, Nutrition Score:13.482608857362%

Flavonoids

Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 480.72kcal (24.04%), Fat: 38.28g (58.89%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.55g (8.93%), Sugar: 2.32g (2.58%), Cholesterol: 28.15mg (9.38%), Sodium: 486.27mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Vitamin K: 73.7µg (70.19%), Vitamin C: 30.58mg (37.07%), Vitamin B6: 0.51mg (25.62%), Potassium: 713.09mg (20.37%), Fiber: 3.93g (15.74%), Manganese: 0.29mg (14.63%), Phosphorus: 134.58mg (13.46%), Vitamin B1: 0.2mg (13.28%), Selenium: 8.68µg (12.4%), Vitamin B3: 2.45mg (12.25%), Vitamin E: 1.76mg (11.76%), Magnesium: 43.58mg (10.89%), Copper: 0.19mg (9.53%), Iron: 1.61mg (8.95%), Folate: 29.43µg (7.36%), Vitamin B5: 0.65mg (6.55%), Zinc: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.88%), Vitamin A: 163.62IU (3.27%), Calcium: 32.02mg (3.2%), Vitamin B12: 0.14µg (2.32%)