



Creamy Potato and Prosciutto Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 pounds bliss potatoes red quartered
- ☐ 4 ounces pancetta sliced
- ☐ 2 scallions finely chopped

- ☐ 0.3 cup mustard stone-ground
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon paprika sweet

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Make the salad: Preheat the oven to 400 degrees F.
- ☐ Brush a baking sheet with the olive oil and arrange the prosciutto in a single layer.
- ☐ Bake until the fat is rendered and the prosciutto is crisp, 12 to 14 minutes.
- ☐ Remove the prosciutto to a rack and let cool completely, then break into pieces and set aside.
- ☐ Meanwhile, fill a large pot with cold water; add the potatoes and a pinch of salt. Bring to a boil, then reduce the heat to medium low and simmer until the potatoes are just fork-tender, about 15 minutes. (The potatoes will continue to cook when you remove them from the water, and you don't want a mushy potato salad!)
- ☐ Drain in a colander, then place the colander over the now-empty pot, off the heat, to allow the excess moisture to evaporate from the potatoes.
- ☐ Make the dressing: In a large bowl, whisk the mayonnaise, scallions, sugar, paprika, mustard and vinegar. Taste and then season with salt and a few grinds of pepper.
- ☐ Add the potatoes to the bowl with the dressing and gently toss. Refrigerate at least 1 hour.
- ☐ Sprinkle the crispy prosciutto on top before serving.
- ☐ Photograph by Anna Williams

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:13.489130528077%

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: 873.85mg (37.99%), Alcohol: Og (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: 713.17mg (20.38%), Fiber: 3.93g (15.74%), Manganese: 0.29mg (14.68%), 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: 43.59mg (10.9%), Copper: 0.19mg (9.55%), Iron: 1.61mg (8.97%), Folate: 29.43µg (7.36%), Vitamin B5: 0.65mg (6.55%), Zinc: 0.81mg (5.39%), Vitamin B2: 0.08mg (4.88%), Vitamin A: 163.62IU (3.27%), Calcium: 32.26mg (3.23%), Vitamin B12: 0.14µg (2.32%)