



Fingerling Potato Hash with Pancetta and Onion

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 1 pound new potatoes
- ☐ 2 ounces pancetta sliced cut into 3/4-inch pieces
- ☐ 1 tablespoon parsley chopped
- ☐ 2 servings salt and pepper freshly ground
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 2 tablespoons butter unsalted

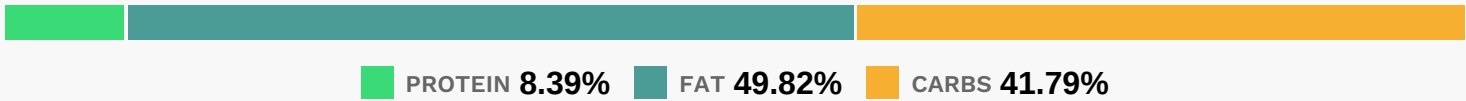
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, cover the potatoes with water and bring to a boil. Reduce the heat to moderately high and simmer until tender, about 20 minutes; drain.
- ☐ Let the potatoes cool slightly, then cut into 1-inch pieces.
- ☐ In a medium cast-iron skillet, cook the pancetta over moderately high heat for 2 minutes.
- ☐ Transfer the pancetta to a plate. Melt the butter in the skillet.
- ☐ Add the potatoes and cook over moderate heat, turning occasionally, until golden and crisp, about 7 minutes.
- ☐ Add the onion and pancetta, season with salt and pepper and cook until the onion is translucent, about 5 minutes. Stir in the parsley and serve right away.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:29.02, Inflammation Score:-7, Nutrition Score:16.151304276093%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 406.75kcal (20.34%), Fat: 22.86g (35.17%), Saturated Fat: 11.02g (68.89%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 37.72g (13.72%), Sugar: 3.8g (4.22%), Cholesterol: 48.81mg (16.27%), Sodium: 400.93mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Vitamin C: 49.26mg (59.71%), Vitamin B6: 0.8mg (39.93%), Vitamin K: 38.21µg (36.39%), Potassium: 1073.02mg (30.66%), Fiber: 5.42g (21.66%), Manganese: 0.38mg (19.24%), Vitamin B1: 0.28mg (18.57%), Phosphorus: 185.42mg (18.54%), Vitamin B3: 3.62mg (18.08%), Magnesium: 60.45mg (15.11%), Copper: 0.28mg (14.23%), Folate: 48.95µg (12.24%), Iron: 2.12mg (11.76%), Vitamin A: 533.77IU (10.68%), Selenium: 6.72µg (9.6%), Vitamin B5: 0.89mg (8.91%), Zinc: 1.08mg (7.19%),

Vitamin B2: 0.11mg (6.49%), Calcium: 42.87mg (4.29%), Vitamin E: 0.49mg (3.28%), Vitamin B12: 0.17µg (2.76%),
Vitamin D: 0.32µg (2.16%)