



WHATSheATE



Pea, pancetta & potato salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients



800 g baby new potato



300 g peas frozen



140 g pancetta di cubetti



0.5 juice of lemon



1 handful basil and mint chopped

Equipment

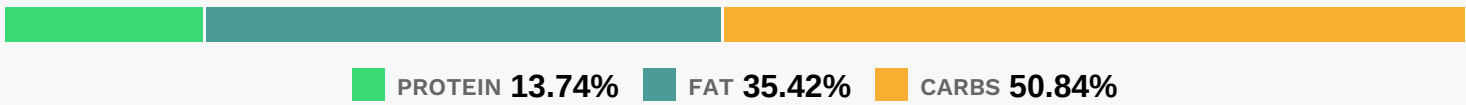


frying pan

Directions

- ☐ Cook the potatoes in a large pan of boiling salted water for 8 mins, or until tender, adding the peas for the final min of cooking.
- ☐ Drain.
- ☐ Meanwhile, fry the pancetta in a frying pan until crisp.
- ☐ Remove from the heat and add the lemon juice and some seasoning. Throw the potatoes, peas, basil and mint into the pan and stir together. Just as good served hot or cool.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:18.98, Inflammation Score:-6, Nutrition Score:13.605652275293%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 241.09kcal (12.05%), Fat: 9.59g (14.75%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 25.18g (9.16%), Sugar: 3.94g (4.38%), Cholesterol: 15.4mg (5.13%), Sodium: 165.01mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin C: 47.29mg (57.33%), Vitamin B6: 0.54mg (27.08%), Fiber: 5.8g (23.18%), Potassium: 733.09mg (20.95%), Manganese: 0.42mg (20.78%), Vitamin B1: 0.3mg (20.32%), Vitamin B3: 3.39mg (16.97%), Phosphorus: 163.99mg (16.4%), Vitamin K: 16.32µg (15.54%), Folate: 54.56µg (13.64%), Magnesium: 50.33mg (12.58%), Copper: 0.24mg (12.17%), Iron: 1.88mg (10.46%), Zinc: 1.29mg (8.57%), Selenium: 5.99µg (8.56%), Vitamin A: 411.53IU (8.23%), Vitamin B2: 0.13mg (7.54%), Vitamin B5: 0.58mg (5.8%), Calcium: 30.41mg (3.04%), Vitamin B12: 0.12µg (1.94%), Vitamin E: 0.19mg (1.23%)