



## Potato and Lardon Casserole

 Gluten Free

READY IN



300 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 lb bacon cut lengthwise into 1/4-inch-thick slices, and then slices cut crosswise into 1/4-inch-thick strips (lardons)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 5 lb yellow-fleshed potatoes such as yukon gold

## Equipment



- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon
- ☐ colander

## Directions

- ☐ Preheat oven to 350°F. If you are also making crown roast of pork with onion and bread-crumb stuffing (page 230), oven racks will already be in lower third and bottom of oven; if not, put oven rack in middle position.
- ☐ Peel potatoes, then halve lengthwise (quarter if very large) and cut crosswise into 3/4-inch-thick pieces. Blanch potatoes in 2 batches in a 6- to 8-quart pot of boiling salted water 5 minutes per batch (potatoes will not be completely cooked through).
- ☐ Transfer potatoes with a slotted spoon to a large bowl of ice and cold water to stop cooking, then drain in a colander and transfer to another large bowl.
- ☐ Cook lardons in a 10-inch heavy skillet over moderate heat, stirring occasionally, until pale golden, 5 to 8 minutes.
- ☐ Add lardons and 2 tablespoons fat from skillet to potatoes, then add thyme, garlic, salt, and pepper and toss until combined well.
- ☐ Transfer mixture to a greased 13- by 9-inch shallow baking dish (or other 3-quart shallow baking dish) and dot with butter.
- ☐ Bake casserole (next to or under crown roast, if making, starting 30 minutes before roast is done), uncovered, 30 minutes. Increase oven temperature to 425°F, then continue to bake until top is golden, about 15 minutes. Season with salt.
- ☐ Casserole can be assembled (but not baked) 1 day ahead and chilled, covered. Bring to room temperature, 30 minutes to 1 hour, before baking.

## Nutrition Facts



 PROTEIN 10.25%  FAT 35.03%  CARBS 54.72%

Properties

Glycemic Index:15.9, Glycemic Load:24.27, Inflammation Score:-7, Nutrition Score:10.8999999976158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 242.86kcal (12.14%), Fat: 9.58g (14.74%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 29.4g (10.69%), Sugar: 1.48g (1.65%), Cholesterol: 17.49mg (5.83%), Sodium: 233.79mg (10.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.61%), Vitamin C: 38.37mg (46.51%), Vitamin B6: 0.62mg (30.92%), Potassium: 841.01mg (24.03%), Fiber: 4.27g (17.1%), Manganese: 0.32mg (16.17%), Vitamin B3: 2.77mg (13.85%), Phosphorus: 137.27mg (13.73%), Vitamin B1: 0.21mg (13.68%), Magnesium: 47.03mg (11.76%), Copper: 0.22mg (10.94%), Iron: 1.67mg (9.3%), Folate: 30.61µg (7.65%), Vitamin B5: 0.67mg (6.74%), Selenium: 4.49µg (6.41%), Zinc: 0.79mg (5.28%), Vitamin B2: 0.08mg (4.72%), Vitamin K: 3.9µg (3.72%), Calcium: 28.18mg (2.82%), Vitamin A: 97.31IU (1.95%), Vitamin B12: 0.1µg (1.64%), Vitamin E: 0.16mg (1.04%)