



Potato Salad with Pancetta, Rosemary, and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

Ingredients



3 large celery stalks thinly sliced



2 tablespoons parsley fresh chopped



1 tablespoon rosemary leaves fresh minced



1 garlic clove pressed



0.3 cup juice of lemon fresh



0.7 cup olive oil



3 pounds yukon gold potatoes

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 400°F. Arrange pancettaslices on rimmed baking sheet, spacingapart.
- ☐ Bake until golden brown and crisp,about 20 minutes (do not turn).
- ☐ Drain onpaper towels. Cool. Coarsely chop pancetta.
- ☐ Meanwhile, whisk lemon juice,rosemary, lemon peel, and garlic in smallbowl. Gradually whisk in oil. Seasondressing to taste with salt and pepper.
- ☐ Place potatoes in large pot.
- ☐ Add enoughcold water to cover by 1 inch. Bring to boil;reduce heat to medium. Simmer with lid ajaruntil tender, 18 to 25 minutes, depending onsize of potatoes.
- ☐ Drain; let stand until coolenough to handle, about 20 minutes.
- ☐ Cut potatoes into 1/4-inch-thick slices(remove skin, if desired).
- ☐ Place in largebowl; add celery.
- ☐ Drizzle dressing over; tossgently to coat. Season with salt and pepper.Cover and chill until cold, at least 2 hours.DO AHEAD: Pancetta and potato salad can bemade 1 day ahead. Cover pancetta; chill.Keep potato salad chilled. Bring pancetta toroom temperature before continuing.
- ☐ Sprinkle pancetta and chopped parsleyover potato salad.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:21.8, Inflammation Score:-4, Nutrition Score:9.9095651507378%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 3.8g (5.84%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 26.66g (9.69%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 12.24mg (0.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 38.01mg (46.07%), Vitamin B6: 0.51mg (25.64%), Vitamin K: 22.24µg (21.19%), Potassium: 736.61mg (21.05%), Fiber: 3.87g (15.46%), Manganese: 0.27mg (13.65%), Magnesium: 40.57mg (10.14%), Phosphorus: 99.24mg (9.92%), Copper: 0.19mg (9.44%), Vitamin B1: 0.14mg (9.33%), Vitamin B3: 1.82mg (9.11%), Iron: 1.44mg (8.01%), Folate: 31.08µg (7.77%), Vitamin B5: 0.53mg (5.25%), Vitamin E: 0.56mg (3.72%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.06mg (3.42%), Calcium: 24.36mg (2.44%), Vitamin A: 102.18IU (2.04%)