



WHATSheATE



Potato Salad with Pancetta, Rosemary, and Lemon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 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



2 teaspoons lemon zest finely grated



0.7 cup olive oil

- ☐ 5 ounces pancetta italian (bacon; 5 slices)
- ☐ 3 pounds yukon gold potatoes

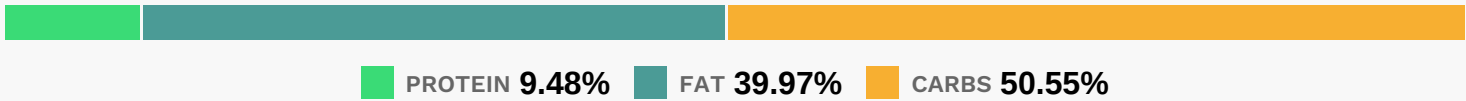
Equipment

- ☐ 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:-5, Nutrition Score:11.05913036673%

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: 240.05kcal (12%), Fat: 10.83g (16.67%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 26.91g (9.79%), Sugar: 1.57g (1.75%), Cholesterol: 11.69mg (3.9%), Sodium: 129.57mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin C: 38.65mg (46.85%), Vitamin B6: 0.56mg (28.04%), Potassium: 772.49mg (22.07%), Vitamin K: 22.24µg (21.19%), Fiber: 3.92g (15.67%), Manganese: 0.27mg (13.75%), Vitamin B3: 2.54mg (12.69%), Vitamin B1: 0.19mg (12.61%), Phosphorus: 124.82mg (12.48%), Magnesium: 42.77mg (10.69%), Copper: 0.2mg (9.84%), Iron: 1.52mg (8.43%), Folate: 31.15µg (7.79%), Vitamin B5: 0.63mg (6.25%), Selenium: 4.14µg (5.92%), Zinc: 0.73mg (4.84%), Vitamin B2: 0.07mg (4.29%), Vitamin E: 0.64mg (4.24%), Calcium: 25.91mg (2.59%), Vitamin A: 108.98IU (2.18%), Vitamin B12: 0.09µg (1.48%)