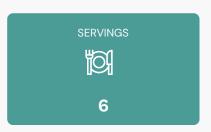


Potato Salad with Peas and Mint

Gluten Free







SIDE DISH

Ingredients

1 cup bacon smoked
6 servings pepper black freshly ground
0.3 cup mint leaves fresh finely chopped
3 tablespoons cup heavy whipping cream as needed plus more
6 servings kosher salt
2 pounds baby potatoes white red scrubbed
1.5 pounds peas fresh shelled
0.5 medium shallots thinly sliced

	0.5 cup cream sour	
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Eq	Juipment	
	bowl	
	frying pan	
	knife	
	pot	
	slotted spoon	
Diı	rections	
	Place the potatoes in a large pot filled with heavily salted water and bring to a boil over high heat. Once the water boils, reduce the heat to medium and simmer until a knife can easily be inserted into the potatoes, about 10 to 15 minutes.	
	Drain the potatoes and set aside until cool enough to handle. Meanwhile, cook the bacon in a large frying pan or cast-iron skillet until well browned and crispy, about 10 minutes. Using a slotted spoon, transfer the bacon to a paper-towel-lined plate. Return the pan, with the bacon fat, to medium heat and add the shallot. Season generously with salt and pepper and cook until softened, about 3 minutes.	
	Add the peas and cook until tender, about 3 to 4 minutes.	
	Remove from the heat and transfer the shallot-pea mixture to a large bowl to cool. Once the potatoes are cool, cut them into large dice and add them to the pea mixture.	
	Add the sour cream, mint, heavy cream, and reserved bacon and fold until the potatoes are well coated. Taste and season with salt and pepper as needed.	
	Serve at room temperature or, if making in advance, place in the refrigerator. When ready to serve, bring to room temperature and fold in a few extra tablespoons of cream.	
	Nutrition Facts	
	PROTEIN 13.49% FAT 45.96% CARBS 40.55%	
	FROIEIN 13.73/0 FAI 43.30/0 CARBS 40.33/0	
Properties		

Glycemic Index:31.68, Glycemic Load:23.81, Inflammation Score:-8, Nutrition Score:23.579999783765%

Flavonoids

Catechin: O.01mg, Catechin: O.01mg, Catechin: O.01mg, Catechin: O.01mg Epicatechin: O.01mg, Epicatechin: O.058mg, Eriodictyol: O.058mg, Eriodictyol: O.058mg, Eriodictyol: O.058mg, Eriodictyol: O.09mg, Hesperetin: O.19mg, Hesperetin: O.19mg, Hesperetin: O.19mg, Hesperetin: O.19mg, Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg, Luteolin: O.24mg, Luteolin: O.24mg, Luteolin: O.24mg, Luteolin: O.24mg, Luteolin: O.24mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 439.22kcal (21.96%), Fat: 22.69g (34.91%), Saturated Fat: 9.03g (56.44%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 35.01g (12.73%), Sugar: 8.65g (9.61%), Cholesterol: 45.81mg (15.27%), Sodium: 478.39mg (20.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Vitamin C: 76.13mg (92.27%), Fiber: 10.03g (40.13%), Vitamin B6: 0.76mg (38.15%), Manganese: 0.74mg (37.21%), Vitamin B1: 0.54mg (35.98%), Vitamin K: 31.7µg (30.19%), Potassium: 1041.39mg (29.75%), Phosphorus: 287.13mg (28.71%), Vitamin B3: 5.61mg (28.05%), Folate: 102.21µg (25.55%), Vitamin A: 1195.05IU (23.9%), Magnesium: 81.48mg (20.37%), Copper: 0.39mg (19.66%), Iron: 3.16mg (17.56%), Vitamin B2: 0.28mg (16.58%), Selenium: 11.39µg (16.26%), Zinc: 2.42mg (16.15%), Vitamin B5: 0.88mg (8.82%), Calcium: 78.66mg (7.87%), Vitamin B12: 0.25µg (4.16%), Vitamin E: 0.48mg (3.17%), Vitamin D: 0.28µg (1.85%)