



Potato Salad with Peas and Mint

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



439 kcal

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

Equipment

bowl

frying pan

knife

pot

slotted spoon

Directions

- 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%**

Properties

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

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg 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: 0g (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%)