



Potatoes with Speck and Crucolo Cheese Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups asiago cheese grated
- ☐ 1 tablespoon salt
- ☐ 2 ounces speck italian cut into 3/4-inch-wide julienne strips () (preferably from Alto Adige)
- ☐ 0.7 cup milk whole
- ☐ 2 pounds yukon gold potatoes small to medium (2- to 3-inch-wide)

Equipment

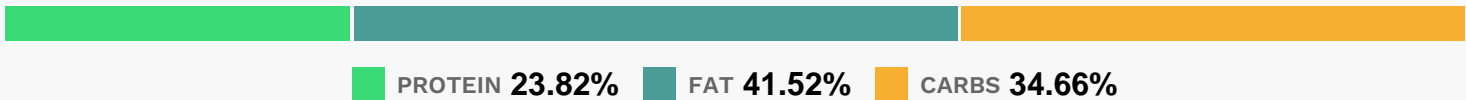
- ☐ sauce pan

- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Cover potatoes with cold water by 1 inch in a 4- to 5-quart pot and add salt, then bring to a boil. Reduce heat and simmer, partially covered, until potatoes are tender when pierced with a sharp knife, 15 to 20 minutes.
- ☐ Meanwhile, cook milk and cheese in a 2-quart heavy saucepan over low heat, stirring occasionally with a whisk or wooden spoon, just until cheese is melted and sauce is smooth (do not boil), 8 to 10 minutes.
- ☐ Remove from heat and stir in speck.
- ☐ Drain potatoes in a colander and cut in half.
- ☐ Serve with sauce poured over them.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:20.18, Inflammation Score:-5, Nutrition Score:14.998260834943%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 335.43kcal (16.77%), Fat: 15.52g (23.87%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 25.82g (9.39%), Sugar: 2.82g (3.13%), Cholesterol: 37.82mg (12.61%), Sodium: 1912.17mg (83.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.06%), Calcium: 546.02mg (54.6%), Phosphorus: 416.34mg (41.63%), Vitamin C: 29.79mg (36.1%), Vitamin B6: 0.53mg (26.28%), Potassium: 734.49mg (20.99%), Selenium: 12.25µg (17.49%), Magnesium: 57.53mg (14.38%), Vitamin B2: 0.23mg (13.63%), Fiber: 3.33g (13.31%), Manganese: 0.24mg (12.24%), Zinc: 1.81mg (12.07%), Vitamin B1: 0.18mg (11.9%), Vitamin B12: 0.69µg

(11.56%), Vitamin B3: 2.12mg (10.58%), Copper: 0.18mg (9.09%), Iron: 1.57mg (8.72%), Vitamin B5: 0.79mg (7.9%), Vitamin A: 375.86IU (7.52%), Folate: 27.11µg (6.78%), Vitamin D: 0.54µg (3.63%), Vitamin K: 3.66µg (3.49%), Vitamin E: 0.16mg (1.07%)