



Roasted New Potatoes with Red Onion, Garlic, and Pancetta



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



10

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 3.5 pounds baby potatoes red
- ☐ 8 garlic clove peeled
- ☐ 3 tablespoons olive oil
- ☐ 4 ounces pancetta italian thinly sliced finely chopped (bacon)
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1.5 cups onion red coarsely chopped

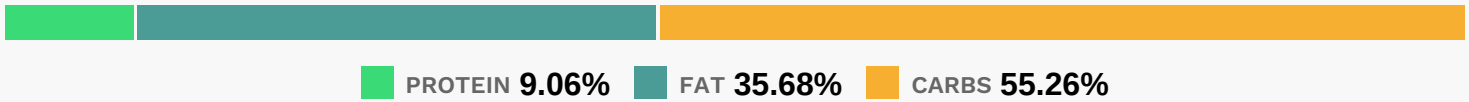
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Sauté pancetta in skillet over medium heat until crisp.
- ☐ Transfer to paper towels.DO AHEAD: Can be made 1 day ahead. Cover;chill. Bring to room temperature before using.
- ☐ Preheat oven to 425°F.
- ☐ Mix potatoes and oil on large rimmed baking sheet;sprinkle with salt and pepper. Roast 20 minutes. Scatter onion and garlic over and roast, stirring every 10 to 15 minutes and watching closely to prevent burning, until potatoes are brown, 50 to 60 minutes longer. Season with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle pancetta and parsley over potatoes.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:21.03, Inflammation Score:-5, Nutrition Score:10.458260722782%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 8.89g (13.67%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 26.99g (9.81%), Sugar: 2.29g (2.54%), Cholesterol: 7.48mg (2.49%), Sodium: 86.5mg (3.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 34.86mg (42.26%), Vitamin B6: 0.56mg (27.89%), Potassium: 739.96mg (21.14%), Vitamin K: 18.8µg (17.91%), Fiber: 3.98g (15.91%), Manganese: 0.32mg (15.83%), Phosphorus: 117.92mg (11.79%), Vitamin B1: 0.17mg (11.66%), Vitamin B3: 2.18mg (10.92%), Magnesium: 41.28mg (10.32%), Copper: 0.19mg (9.7%), Iron: 1.45mg (8.05%), Folate: 31.25µg (7.81%), Vitamin B5: 0.58mg (5.8%), Selenium: 3.22µg (4.6%), Vitamin E: 0.68mg (4.55%), Zinc: 0.67mg (4.48%), Vitamin B2: 0.07mg (4.11%), Calcium: 30.63mg (3.06%), Vitamin A: 75.46IU (1.51%)