



WHATSheATE



Roasted Wild Mushrooms & Potatoes



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound chanterelles cut into chunks
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 pound oyster mushroom cut into chunks
- ☐ 0.3 pound nameko mushrooms trimmed
- ☐ 0.3 pound clamshell mushrooms trimmed (shimeji)
- ☐ 2 pounds new potatoes halved (such as Yukon Gold)
- ☐ 2 tablespoons olive oil

- ☐ 2 ounces pancetta chopped
- ☐ 4 servings salt to taste
- ☐ 3 tablespoons sherry vinegar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place potatoes into a large roasting pan and drizzle with 2 tablespoons olive oil.
- ☐ Sprinkle with salt and mix to coat potatoes with salt and olive oil. Turn so the cut sides are up.
- ☐ Roast in the preheated oven for 30 minutes.
- ☐ While potatoes are cooking, pour 1 teaspoon olive oil into a large skillet over medium heat and cook pancetta, stirring often, in the hot oil until pancetta releases some fat and looks like cooked ham, about 5 minutes. Stir in king trumpet, chanterelle, nameko, and clamshell mushrooms, adding a pinch of salt as they cook.
- ☐ Turn heat to high and cook mushrooms until most of the juices evaporate and mushrooms begin to brown, about 10 minutes.
- ☐ Turn oven heat up to 425 degrees F (220 degrees C).
- ☐ Stir potatoes in the baking dish; mix mushrooms and pancetta with potatoes. Return to oven and bake for 10 minutes; stir and continue baking until potatoes are browned, soft, and tender, about 10 more minutes.
- ☐ Let cool slightly, about 10 minutes.
- ☐ Drizzle sherry vinegar over potatoes and mushrooms, sprinkle with tarragon, garlic, and 1 tablespoon olive oil, and toss to mix. Taste and adjust seasoning.
- ☐ Transfer to a serving platter.

Nutrition Facts



Properties

Glycemic Index:61.94, Glycemic Load:30.6, Inflammation Score:-6, Nutrition Score:22.620869750562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 342.92kcal (17.15%), Fat: 13.55g (20.85%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 40.03g (14.56%), Sugar: 3.55g (3.94%), Cholesterol: 9.36mg (3.12%), Sodium: 315.19mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Vitamin C: 48.14mg (58.36%), Vitamin B6: 0.91mg (45.62%), Potassium: 1541.91mg (44.05%), Manganese: 0.8mg (39.9%), Vitamin B3: 7.89mg (39.47%), Copper: 0.63mg (31.49%), Vitamin B2: 0.52mg (30.61%), Fiber: 7.58g (30.31%), Phosphorus: 262.78mg (26.28%), Iron: 4.72mg (26.22%), Vitamin B5: 2.28mg (22.79%), Vitamin B1: 0.32mg (21.2%), Magnesium: 80.73mg (20.18%), Folate: 66.9µg (16.73%), Selenium: 10.53µg (15.04%), Vitamin D: 1.87µg (12.47%), Zinc: 1.7mg (11.31%), Vitamin K: 8.55µg (8.14%), Calcium: 78.17mg (7.82%), Vitamin E: 1.1mg (7.32%), Vitamin A: 170.52IU (3.41%), Vitamin B12: 0.09µg (1.56%)