



Rösti with Bacon and Scallions

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt smoked plus more
- ☐ 6 servings olive oil
- ☐ 1.5 pounds baking potatoes peeled
- ☐ 6 spring onion divided chopped
- ☐ 4 ounces bacon smoked thick-cut chopped
- ☐ 3 tablespoon butter unsalted melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ spatula
- ☐ oven mitt

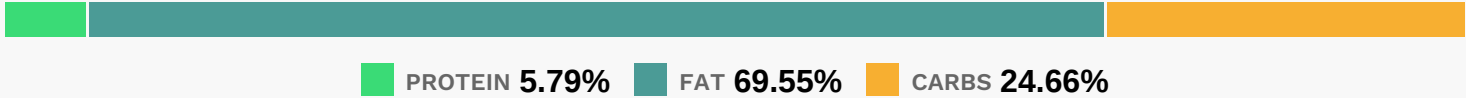
Directions

- ☐ Cook bacon in a small nonstick skillet over medium heat, stirring occasionally, until most of fat is rendered and bacon begins to brown, about 5 minutes. Set 1 tablespoon of dark-green part of scallions aside.
- ☐ Add remaining scallions to skillet and cook, stirring occasionally, until bacon is crisp and scallions are soft, 4–5 minutes longer. Using a slotted spoon, transfer bacon mixture to a paper towel-lined plate.
- ☐ Pour bacon fat into a small bowl; reserve skillet.
- ☐ Add olive oil to bowl to measure 3 tablespoons
- ☐ Add butter.
- ☐ Place 2 tablespoons fat mixture in skillet.
- ☐ Pour 2 tablespoons into another bowl; add bacon mixture. Reserve remaining 2 tablespoons in small bowl.
- ☐ Coarsely grate potatoes into a large bowl. Working in batches, squeeze potatoes with your hands to release liquid; transfer to another large bowl.
- ☐ Add the reserved bacon mixture, 1 teaspoon salt, and pepper; toss to evenly distribute.
- ☐ Heat reserved skillet over medium-low heat. Scrape potato mixture into hot skillet, pressing with a spatula into an even layer. Tent with foil; cook for 10 minutes, rotating skillet frequently to avoid hot spots.
- ☐ Remove foil; cook rösti until bottom is golden brown, about 5 minutes longer. Run a silicone spatula around sides and underneath rösti. Invert a large plate over skillet. Using oven mitts, carefully flip rösti onto plate.
- ☐ Heat remaining 2 tablespoons fat in skillet. Slide rösti back in, browned side up. Tent with foil; cook for 5 minutes. Uncover; cook until browned on bottom and potatoes are cooked through, about 10 minutes longer. Gently run spatula around sides and underneath rösti

and slide onto a servingplate.

☐ Sprinkle with reservedscallions and seasonwith more salt, if desired.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:16.33, Inflammation Score:-4, Nutrition Score:8.9760868963988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 346.81kcal (17.34%), Fat: 27.3g (42%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 19.93g (7.25%), Sugar: 0.99g (1.1%), Cholesterol: 27.52mg (9.17%), Sodium: 521.39mg (22.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin K: 36.21µg (34.48%), Vitamin B6: 0.45mg (22.49%), Potassium: 548.63mg (15.68%), Vitamin E: 2.34mg (15.6%), Manganese: 0.23mg (11.62%), Vitamin C: 8.72mg (10.57%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 2mg (10.01%), Phosphorus: 96.1mg (9.61%), Magnesium: 31.33mg (7.83%), Iron: 1.34mg (7.43%), Fiber: 1.85g (7.4%), Copper: 0.14mg (6.97%), Selenium: 4.41µg (6.3%), Vitamin A: 304.06IU (6.08%), Folate: 23.81µg (5.95%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.61mg (4.06%), Vitamin B2: 0.07mg (3.83%), Calcium: 27.49mg (2.75%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.18µg (1.2%)