



Two-Potato Sauté with Bacon and Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 7 slices bacon diced
- ☐ 0.8 cup onion finely chopped
- ☐ 3 tablespoons flat parsley italian chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1.5 pounds cubes red-skinned sweet potato peeled cut into 3/4-inch pieces (yams)
- ☐ 0.3 cup whipping cream
- ☐ 2 pounds potatoes peeled cut into 3/4-inch pieces

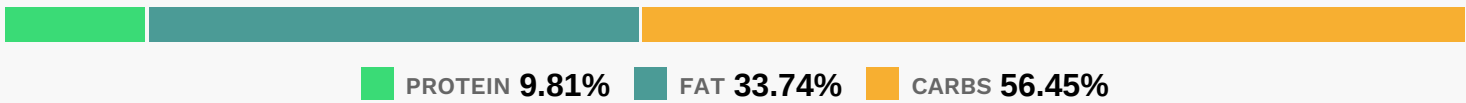
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Bring large pot of salted water to boil.
- ☐ Add white potatoes; cover partially and cook until almost tender, about 10 minutes. Using strainer, transfer potatoes to large bowl. Return water in pot to boil.
- ☐ Add sweet potatoes; cover partially and cook until potatoes are almost tender but still retain their shape, about 6 minutes.
- ☐ Drain.
- ☐ Transfer to bowl with white potatoes. (Can be made 1 day ahead. Cool; cover and chill.)
- ☐ Cook bacon in very large skillet over medium heat until almost crisp, about 10 minutes. Using slotted spoon, transfer bacon to paper towels and drain.
- ☐ Pour off all but 1/4 cup drippings from skillet.
- ☐ Add onion and bell pepper; cover and cook until tender, about 15 minutes.
- ☐ Mix in potatoes and bacon. Cover and cook 10 minutes.
- ☐ Add cream and cook uncovered until potatoes are tender and coated with sauce, about 3 minutes. Season with salt and pepper.
- ☐ Transfer potatoes to large bowl.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:14.94, Inflammation Score:-10, Nutrition Score:19.768695800201%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 278.38kcal (13.92%), Fat: 10.61g (16.32%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 34.14g (12.41%), Sugar: 7.65g (8.5%), Cholesterol: 21.11mg (7.04%), Sodium: 168.68mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin A: 16881.59IU (337.63%), Vitamin C: 54.08mg (65.55%), Vitamin B6: 0.68mg (33.9%), Manganese: 0.63mg (31.53%), Vitamin K: 29.47µg (28.06%), Potassium: 976.43mg (27.9%), Fiber: 5.8g (23.21%), Vitamin B3: 3.37mg (16.84%), Vitamin B1: 0.25mg (16.64%), Phosphorus: 150.24mg (15.02%), Copper: 0.28mg (13.9%), Magnesium: 55.24mg (13.81%), Vitamin B5: 1.27mg (12.67%), Vitamin B2: 0.17mg (9.97%), Iron: 1.72mg (9.57%), Folate: 32.96µg (8.24%), Selenium: 4.69µg (6.7%), Vitamin E: 0.93mg (6.19%), Zinc: 0.91mg (6.07%), Calcium: 57.97mg (5.8%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.2µg (1.31%)