



Warm Potato Salad with Pancetta and Brown Butter Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives snipped
- ☐ 2 pounds fingerling potatoes sliced
- ☐ 1 tablespoon grainy mustard
- ☐ 3 ounces thickly pancetta sliced cut into 1/4-inch dice
- ☐ 6 servings pepper freshly ground
- ☐ 1 rosemary sprig
- ☐ 6 servings salt

- ☐ 1 shallots minced
- ☐ 2 tablespoons sherry vinegar
- ☐ 4 tablespoons butter unsalted

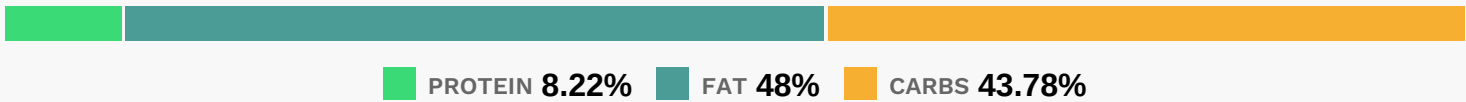
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add the potatoes and cook over high heat until tender, about 10 minutes.
- ☐ Drain, shaking off any excess water.
- ☐ Meanwhile, in a large skillet, melt 1 tablespoon of the butter.
- ☐ Add the pancetta and cook over moderate heat, stirring frequently, until just beginning to brown, about 3 minutes.
- ☐ Add the remaining 3 tablespoons of butter and cook, stirring occasionally, until the pancetta is golden and the butter is just beginning to brown, about 2 minutes.
- ☐ Add the shallot and rosemary sprig and cook, stirring, for 2 minutes.
- ☐ Remove the skillet from the heat and discard the rosemary sprig.
- ☐ Whisk the vinegar and mustard into the pancetta mixture; season with salt and pepper.
- ☐ Add the potatoes and the chives and toss until evenly coated.
- ☐ Serve the potato salad warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:19.54, Inflammation Score:-5, Nutrition Score:9.4078261644944%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 248.53kcal (12.43%), Fat: 13.43g (20.67%), Saturated Fat: 6.73g (42.06%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 23.94g (8.71%), Sugar: 1.57g (1.74%), Cholesterol: 29.42mg (9.81%), Sodium: 326.18mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 30.75mg (37.27%), Vitamin B6: 0.5mg (25.1%), Potassium: 690.95mg (19.74%), Fiber: 3.62g (14.5%), Manganese: 0.28mg (13.77%), Phosphorus: 115.18mg (11.52%), Vitamin B1: 0.17mg (11.25%), Vitamin B3: 2.2mg (10.99%), Magnesium: 39.57mg (9.89%), Copper: 0.18mg (8.99%), Iron: 1.38mg (7.69%), Folate: 27.18µg (6.8%), Selenium: 4.31µg (6.16%), Vitamin A: 288.05IU (5.76%), Vitamin K: 5.89µg (5.61%), Vitamin B5: 0.56mg (5.61%), Zinc: 0.66mg (4.37%), Vitamin B2: 0.07mg (3.94%), Calcium: 26.21mg (2.62%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.09µg (1.45%), Vitamin D: 0.2µg (1.31%)