



Apple-Turnip Mashed Potatoes

 Gluten Free

READY IN



52 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon cut into 1/4-inch pieces
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup buttermilk
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 medium size golden delicious apples peeled chopped
- ☐ 0.3 cup roasted garlic
- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound turnips peeled cut into 1-inch pieces

☐ 1 pound yukon gold potatoes peeled cut into 1-inch pieces

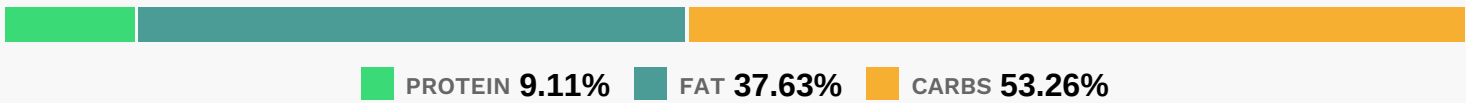
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Bring turnips, potatoes, and salted water to cover to a boil in a Dutch oven; cook 15 to 20 minutes or until tender.
- ☐ Drain.
- ☐ Cook bacon in a medium nonstick skillet over medium-high heat 5 to 6 minutes or until crisp; remove bacon, reserving 2 Tbsp. drippings in skillet. Crumble bacon. Saut apples in hot drippings in skillet 6 minutes or until tender and lightly browned.
- ☐ Combine apples, turnips, potatoes, Roasted Garlic, and thyme in a bowl; mash with a potato masher until blended. (
- ☐ Mixture will be chunky.) Stir in buttermilk and butter. Season with salt and pepper to taste.
- ☐ Transfer to a bowl.
- ☐ Serve immediately, or, if desired, microwave mixture at HIGH 1 to 2 minutes or until thoroughly heated, stirring at 1-minute intervals.
- ☐ Sprinkle with bacon just before serving.
- ☐ Kitchen Express: Substitute 2 tsp. jarred roasted minced garlic for 1/4 cup Roasted Garlic. Proceed with recipe as directed, sauteing garlic with apples in Step

Nutrition Facts



Properties

Glycemic Index:43.09, Glycemic Load:11.58, Inflammation Score:-5, Nutrition Score:7.5334781822951%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 163.23kcal (8.16%), Fat: 7.07g (10.87%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 19.02g (6.92%), Sugar: 8.47g (9.41%), Cholesterol: 15.44mg (5.15%), Sodium: 337.13mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 26.9mg (32.6%), Vitamin B6: 0.32mg (16.03%), Fiber: 3.48g (13.94%), Potassium: 461.84mg (13.2%), Manganese: 0.26mg (12.82%), Phosphorus: 91.24mg (9.12%), Vitamin B1: 0.12mg (7.86%), Copper: 0.14mg (7.25%), Magnesium: 26.33mg (6.58%), Vitamin B3: 1.25mg (6.27%), Calcium: 62.5mg (6.25%), Vitamin B2: 0.1mg (5.85%), Selenium: 3.7µg (5.28%), Folate: 20.41µg (5.1%), Vitamin B5: 0.47mg (4.7%), Iron: 0.83mg (4.59%), Zinc: 0.58mg (3.84%), Vitamin A: 165.61IU (3.31%), Vitamin B12: 0.15µg (2.51%), Vitamin K: 2.52µg (2.4%), Vitamin D: 0.33µg (2.17%), Vitamin E: 0.24mg (1.6%)