



Bacon Clapshot

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 strips bacon crumbled cooked
- ☐ 1 pinch ground nutmeg
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup milk
- ☐ 1.3 pounds potatoes peeled quartered
- ☐ 0.7 pound turnips peeled cut into chunks

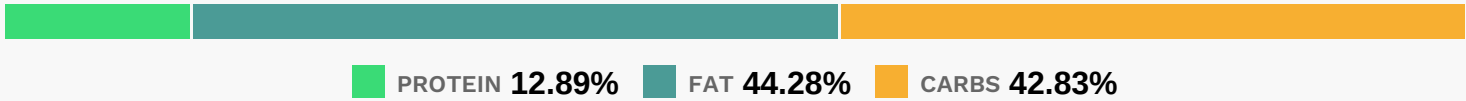
Equipment

☐ sauce pan

Directions

- ☐ Place the potatoes and turnips in a large saucepan, cover with water and bring to a boil. Cook until tender, about 20 minutes.
- ☐ Drain the potatoes and turnips, return them to the saucepan and mash until creamy.
- ☐ Add the butter and milk and beat until fluffy. Stir in the crumbled bacon and season with nutmeg, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:57.79, Glycemic Load:14.82, Inflammation Score:-4, Nutrition Score:8.9160870624625%

Flavonoids

Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 199.06kcal (9.95%), Fat: 9.95g (15.31%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 18.47g (6.72%), Sugar: 3.24g (3.6%), Cholesterol: 26.83mg (8.94%), Sodium: 267.94mg (11.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin C: 30.45mg (36.9%), Vitamin B6: 0.41mg (20.34%), Potassium: 592.69mg (16.93%), Fiber: 3.18g (12.74%), Phosphorus: 124.91mg (12.49%), Manganese: 0.24mg (12.1%), Vitamin B3: 2.4mg (12%), Vitamin B1: 0.17mg (11.15%), Selenium: 6.33µg (9.05%), Magnesium: 33.87mg (8.47%), Copper: 0.17mg (8.3%), Folate: 24.04µg (6.01%), Iron: 1.05mg (5.86%), Vitamin B5: 0.57mg (5.65%), Zinc: 0.81mg (5.38%), Vitamin B2: 0.09mg (5.22%), Calcium: 43.32mg (4.33%), Vitamin A: 198.08IU (3.96%), Vitamin B12: 0.18µg (3.05%), Vitamin K: 2.65µg (2.52%), Vitamin E: 0.24mg (1.59%), Vitamin D: 0.15µg (1.03%)