



## Bacon Turnip Mash

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



374 kcal

SIDE DISH

### Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 3 tablespoons butter
- 0.5 pound bacon crumbled cooked
- 1 dash garlic powder
- 1 pinch pepper black
- 1 pinch salt
- 2 pounds turnip

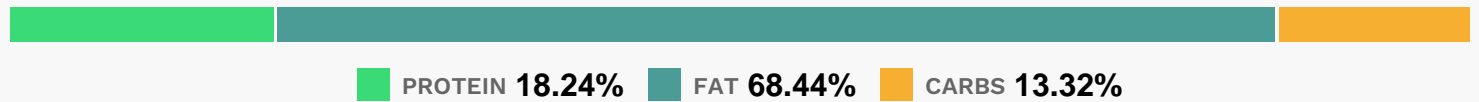
### Equipment

- frying pan
- sauce pan

## Directions

- Peel and cube the turnip. Cook in a saucepan in salted water until very tender.
- Drain then mash with the butter or margarine, salt, pepper and garlic powder to taste. Set aside.
- In a skillet fry the bacon until nice and crispy.
- Remove from the skillet and crumble. Reserve 2 tablespoons of the bacon grease.
- To the skillet with the 2 tablespoons of bacon grease add the mashed turnip and crumpled bacon. Stir and heat to the desired temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:6.14, Inflammation Score:-4, Nutrition Score:13.164782513743%

## Nutrients (% of daily need)

Calories: 373.66kcal (18.68%), Fat: 28.49g (43.83%), Saturated Fat: 11.97g (74.78%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 9.2g (3.34%), Sugar: 6.9g (7.67%), Cholesterol: 68.29mg (22.76%), Sodium: 953.78mg (41.47%), Alcohol: 0g (100%), Protein: 17.09g (34.17%), Vitamin C: 38.1mg (46.18%), Selenium: 24.36µg (34.8%), Vitamin B3: 5.49mg (27.46%), Phosphorus: 227.11mg (22.71%), Vitamin B1: 0.33mg (21.81%), Vitamin B6: 0.41mg (20.33%), Potassium: 575.41mg (16.44%), Fiber: 3.27g (13.09%), Manganese: 0.26mg (12.79%), Zinc: 1.89mg (12.62%), Copper: 0.2mg (10.11%), Vitamin B2: 0.16mg (9.56%), Vitamin B5: 0.88mg (8.79%), Magnesium: 34.24mg (8.56%), Vitamin B12: 0.51µg (8.48%), Folate: 27.48µg (6.87%), Calcium: 61.55mg (6.15%), Iron: 0.98mg (5.44%), Vitamin A: 226.81IU (4.54%), Vitamin E: 0.47mg (3.16%), Vitamin D: 0.32µg (2.14%)