



Bubble & squeak



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp goose fat
- ☐ 4 bacon chopped
- ☐ 1 onion finely sliced
- ☐ 1 garlic clove chopped
- ☐ 15 brussels sprouts shredded leftover boiled cooked sliced
- ☐ 400 g potatoes leftover boiled cold crushed mashed

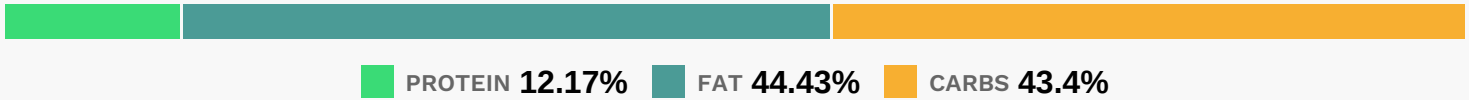
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 tbsp duck fat, goose fat or butter in a non-stick pan, allow it to get nice and hot, then add 4 chopped streaky bacon rashers. As it begins to brown, add 1 finely sliced onion and 1 chopped garlic clove.
- ☐ Next, add 15-20 sliced cooked Brussels sprouts or shredded boiled cabbage and let it colour slightly. All this will take 5-6 mins.
- ☐ Add 400g cold mashed potato. Work everything together in the pan and push it down so that the mixture covers the base of the pan.
- ☐ Allow the mixture to catch slightly on the base of the pan before turning it over and doing the same again. Its the bits of potato that catch in the pan that define the term bubble and squeak, so be brave and let the mixture colour.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:14.6, Inflammation Score:-7, Nutrition Score:19.033478278181%

Flavonoids

Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 240.29kcal (12.01%), Fat: 12.26g (18.86%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 21.55g (7.84%), Sugar: 3.52g (3.91%), Cholesterol: 17.72mg (5.91%), Sodium: 170.68mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Vitamin K: 128.14µg (122.03%), Vitamin C: 82.53mg (100.04%), Vitamin B6: 0.55mg (27.59%), Potassium: 784.88mg (22.43%), Manganese: 0.44mg (22.18%), Fiber: 5.39g (21.56%), Vitamin B1: 0.25mg (16.93%), Folate: 64.71µg (16.18%), Phosphorus: 146.96mg (14.7%), Vitamin B3: 2.51mg (12.53%), Magnesium: 44.97mg (11.24%), Vitamin A: 547.98IU (10.96%), Iron: 1.94mg (10.77%), Copper: 0.18mg (9%), Selenium: 6.11µg (8.73%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.9mg (6.03%), Vitamin E: 0.82mg (5.49%), Calcium: 50.71mg (5.07%), Vitamin B12: 0.11µg (1.83%)