



Celeriac, cavolo nero & bacon mash

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg celery root peeled cut into chunks
- ☐ 200 g bacon smoked
- ☐ 50 g butter
- ☐ 4 tbsp double cream
- ☐ 250 g destemmed lacinato/dinosaur kale shredded green finely

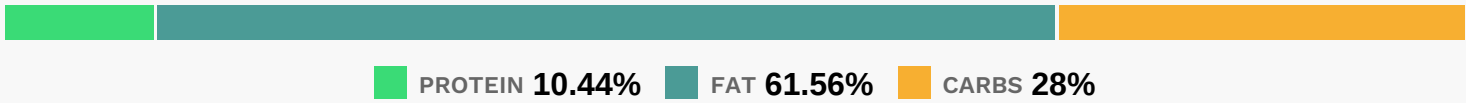
Equipment

- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Boil the celeriac in a covered pan for 15–20 mins or until tender. Meanwhile, heat a frying pan and cook the bacon for 5 mins until golden and crisp.
- ☐ Add the cavolo nero or cabbage and cook over a low heat for 5 mins.
- ☐ Drain the celeriac and blitz with a hand blender until smooth. Stir in the butter and cream. When the butter has melted, add the bacon and cavolo nero or cabbage, and stir well. Season to taste.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:6.52, Inflammation Score:-10, Nutrition Score:25.873912738717%

Flavonoids

Apigenin: 6.03mg, Apigenin: 6.03mg, Apigenin: 6.03mg, Apigenin: 6.03mg Isorhamnetin: 9.83mg, Isorhamnetin: 9.83mg, Isorhamnetin: 9.83mg, Isorhamnetin: 9.83mg Kaempferol: 19.5mg, Kaempferol: 19.5mg, Kaempferol: 19.5mg, Kaempferol: 19.5mg Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg

Nutrients (% of daily need)

Calories: 352.33kcal (17.62%), Fat: 24.97g (38.41%), Saturated Fat: 11.29g (70.54%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 19.35g (7.04%), Sugar: 4.63g (5.14%), Cholesterol: 51.22mg (17.07%), Sodium: 549.03mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin K: 265.9µg (253.24%), Vitamin A: 4530.08IU (90.6%), Vitamin C: 58.98mg (71.49%), Phosphorus: 366.22mg (36.62%), Manganese: 0.67mg (33.67%), Vitamin B6: 0.57mg (28.31%), Potassium: 972.5mg (27.79%), Fiber: 6.21g (24.83%), Calcium: 223.6mg (22.36%), Vitamin B2: 0.34mg (20.19%), Vitamin B3: 3.59mg (17.96%), Vitamin B1: 0.27mg (17.77%), Magnesium: 68.62mg (17.15%), Iron: 2.57mg (14.25%), Selenium: 9.21µg (13.15%), Folate: 46.48µg (11.62%), Vitamin B5: 1.14mg (11.38%), Vitamin E: 1.6mg (10.69%), Copper: 0.21mg (10.61%), Zinc: 1.41mg (9.42%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.29µg (1.96%)