



WHAT'SHEATE



Mashed Root Vegetables with Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 pound bacon diced thick-cut
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 2 tablespoons flat parsley chopped
- ☐ 10 servings pepper freshly ground
- ☐ 4 pounds roasted root vegetable vinaigrette mixed peeled cut into 1" cubes (such as parsnips, kohlrabi, celery root, turnips, and rutabagas)
- ☐ 1 large onion diced white

- ☐ 2 tablespoons mustard seeds yellow

Equipment

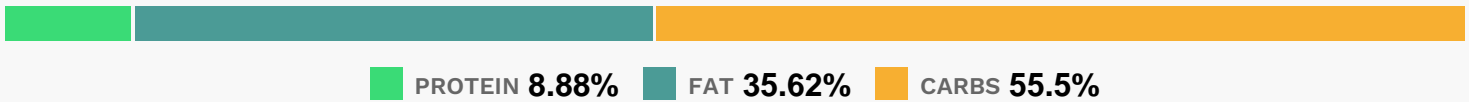
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ potato masher
- ☐ aluminum foil
- ☐ microwave
- ☐ steamer basket

Directions

- ☐ Bring vinegar, mustard seeds, and 1/4 cup water to a simmer in a small pot; cook until seeds are plump, 20–25 minutes.
- ☐ Drain; set aside seeds and cooking liquid separately.
- ☐ Place a steamer basket inside a large pot.
- ☐ Add water to a depth of 1". Bring to a boil.
- ☐ Add root vegetables to steamer basket. Cover and cook, adding water by 1/2-cupfuls if needed to maintain level of water in pot, until vegetables are very tender but not mushy, about 45 minutes.
- ☐ Meanwhile, place bacon in a large skillet; set over medium–low heat and cook until bacon softens and fat begins to render, about 4 minutes.
- ☐ Add onion; increase heat to medium–high and cook, stirring occasionally, until onion and bacon are browned and crisp, about 10 minutes.
- ☐ Add reserved mustard seeds to bacon mixture and cook until seeds begin to pop, about 1 minute. Turn off heat and stir in brown sugar and reserved mustard seed cooking liquid. Season vinaigrette to taste with salt and pepper.
- ☐ Drain vegetables and return to pot. Using a fork or potato masher, coarsely mash. Stir in vinaigrette; season to taste with salt and pepper.

- ☐ Transfer to a 13x9x2" baking dish;cover with foil. DO AHEAD: Vegetable mashcan be made 1day ahead. Chill.
- ☐ Rewarm vegetable mash, covered, in a350°F oven until just warmed through, 45–55minutes. Alternatively, place in a microwave–safebowl and microwave until warmedthrough (time will vary).
- ☐ Stir parsley into mash.
- ☐ Transfer to a bowl;serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:12.72, Inflammation Score:–6, Nutrition Score:18.133043537969%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 255.44kcal (12.77%), Fat: 10.37g (15.95%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 26.89g (9.78%), Sugar: 10.71g (11.9%), Cholesterol: 14.97mg (4.99%), Sodium: 170.57mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Manganese: 1.14mg (56.82%), Vitamin K: 54.29µg (51.7%), Vitamin C: 33.17mg (40.21%), Fiber: 9.47g (37.86%), Folate: 129.22µg (32.31%), Potassium: 779.51mg (22.27%), Vitamin E: 2.92mg (19.48%), Phosphorus: 185.67mg (18.57%), Selenium: 12.51µg (17.87%), Vitamin B1: 0.25mg (16.75%), Magnesium: 66.25mg (16.56%), Vitamin B6: 0.25mg (12.59%), Vitamin B5: 1.26mg (12.57%), Copper: 0.25mg (12.57%), Vitamin B3: 2.32mg (11.58%), Zinc: 1.51mg (10.08%), Iron: 1.49mg (8.27%), Calcium: 79.13mg (7.91%), Vitamin B2: 0.12mg (7.05%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 77.31IU (1.55%)