

## Mom's Turnips

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



555 kcal

SIDE DISH

### Ingredients

- 1 pound bacon
- 4 tablespoons add carrot and onion to bacon fat . cook
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 3 turnip peeled chopped

### Equipment

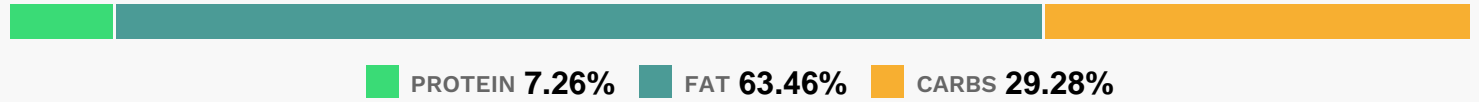
- bowl
- frying pan

pot

## Directions

- Bring a pot of salted water to a boil.
- Add turnips; cook until tender but still firm.
- Drain, and transfer to a large bowl to cool.
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. Reserve bacon fat.
- In the large bowl, combine turnips, bacon, reserved bacon fat and brown sugar.
- Mix together and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:7.3252174593508%

## Nutrients (% of daily need)

Calories: 555.38kcal (27.77%), Fat: 39.35g (60.54%), Saturated Fat: 13.7g (85.62%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 39.76g (14.46%), Sugar: 37.88g (42.09%), Cholesterol: 58.76mg (19.59%), Sodium: 565.6mg (24.59%), Alcohol: 0g (100%), Protein: 10.13g (20.27%), Selenium: 16.06µg (22.95%), Vitamin B3: 3.32mg (16.62%), Vitamin B1: 0.23mg (15.54%), Vitamin C: 12.81mg (15.53%), Vitamin B6: 0.27mg (13.55%), Phosphorus: 126.8mg (12.68%), Potassium: 314.96mg (9%), Zinc: 1.08mg (7.19%), Vitamin B12: 0.38µg (6.3%), Vitamin B5: 0.59mg (5.9%), Manganese: 0.11mg (5.68%), Calcium: 52.51mg (5.25%), Copper: 0.1mg (5.04%), Magnesium: 19.08mg (4.77%), Vitamin B2: 0.08mg (4.68%), Fiber: 1.1g (4.39%), Iron: 0.75mg (4.18%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.4mg (2.66%), Folate: 9.52µg (2.38%)