



HEALTH SCORE

100%

Pancetta- and Sesame-Coated Turnips



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 16 pancetta italian very thin (bacon; one 3-ounce package)
- ☐ 35.5 ounces sesame seed
- ☐ 2 large turnips peeled cut into 8 wedges (each 8 ounces)
- ☐ 4 servings vegetable oil for deep-frying

Equipment

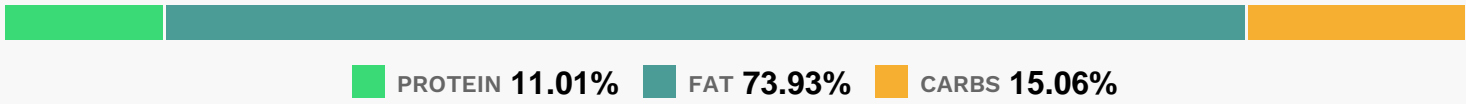
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Wrap 1 pancetta slice around 1 turnip wedge, covering most of turnip. Repeat with remaining pancetta slices and turnip wedges.
- ☐ Line rimmed baking sheet with waxed paper.
- ☐ Whisk egg in medium bowl to blend and place sesame seeds in another medium bowl. Dip each pancetta-wrapped turnip wedge into beaten egg to coat, then dip into sesame seeds, turning to coat generously on all sides.
- ☐ Place on prepared baking sheet. DO AHEAD: Turnips can be prepared 2 hours ahead. Cover and keep chilled.
- ☐ Preheat oven to 350°F.
- ☐ Pour enough vegetable oil into heavy medium saucepan to reach depth of 2 inches. Attach deep-fry thermometer to side of pan and heat oil to 350°F. Working in batches, add sesame-coated turnip wedges to oil, and deep-fry until sesame seeds are golden, about 1 minute (turnips will be very crunchy).
- ☐ Transfer turnips to paper towels to drain. Arrange turnips on rimmed baking sheet and bake just until turnips are beginning to soften, about 7 minutes.
- ☐ Sprinkle generously with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:59.931304584379%

Nutrients (% of daily need)

Calories: 1625.61kcal (81.28%), Fat: 141.84g (218.21%), Saturated Fat: 20.57g (128.58%), Carbohydrates: 65.03g (21.68%), Net Carbohydrates: 33.69g (12.25%), Sugar: 4.28g (4.75%), Cholesterol: 49.14mg (16.38%), Sodium: 133.21mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.51g (95.02%), Copper: 10.36mg (517.94%), Manganese: 6.32mg (315.8%), Calcium: 2487.77mg (248.78%), Magnesium: 895.17mg (223.79%), Iron: 37.12mg (206.23%), Phosphorus: 1637.79mg (163.78%), Vitamin B1: 2.04mg (136.19%), Zinc: 19.95mg (133.03%), Selenium: 91.83µg (131.19%), Fiber: 31.34g (125.34%), Vitamin B6: 2.1mg (105.09%), Folate: 263.65µg (65.91%), Vitamin B3: 11.9mg (59.48%), Vitamin B2: 0.71mg (41.72%), Potassium: 1377.43mg (39.36%), Vitamin K: 25.88µg (24.64%), Vitamin C: 19.22mg (23.29%), Vitamin E: 1.95mg (13%), Vitamin B5: 0.52mg (5.23%), Vitamin B12: 0.13µg (2.19%), Vitamin A: 91.62IU (1.83%), Vitamin D: 0.27µg (1.77%)