



Potatoes with Bacon and Liver



Gluten Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces bacon finely chopped (order nitrate/nitrite-free bacon here)
- ☐ 2 ounces beef liver frozen grass-fed finely grated (order liver here)
- ☐ 1 teaspoon butter (learn how to render lard)
- ☐ 2 ounces cheddar cheese grated
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 2 pounds russet potatoes

Equipment

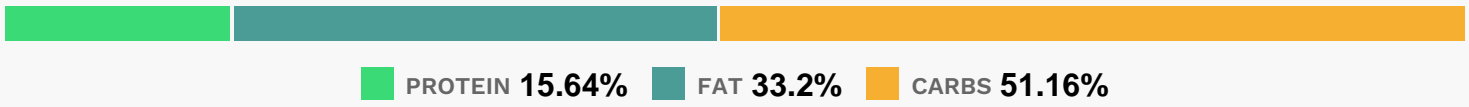
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ stove

Directions

- ☐ Place the potatoes in a large stock pot, cover them with water and boil them in their jackets until tender – about an hour.
- ☐ Drain off the water, allow the potatoes to cool until they're comfortable enough to handle, then peel them and cut them into 1/2-inch cubes.
- ☐ Heat the oven to 375 F.Melt the lard in a wide oven-proof skillet, then toss in the bacon. Render the bacon in the hot fat until it becomes crispy. Turn off the heat of the stove, add the potatoes to the pan, taking care to evenly distribute the rendered bacon among them. Stir in the finely grated liver, and the cheese.
- ☐ Transfer the skillet to the oven and bake it for 25 to 30 minutes.
- ☐ Sprinkle with fresh parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:32.35, Inflammation Score:-9, Nutrition Score:27.019130328427%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 324.93kcal (16.25%), Fat: 12.17g (18.72%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 39.17g (14.25%), Sugar: 1.47g (1.63%), Cholesterol: 65.2mg (21.73%), Sodium: 216.82mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Vitamin B12: 8.63µg (143.81%), Copper: 1.63mg (81.5%), Vitamin A: 2744.51IU (54.89%), Vitamin B6: 0.99mg (49.26%), Vitamin K: 37.75µg (35.95%), Vitamin B2: 0.54mg (31.87%), Potassium: 1040.47mg (29.73%), Phosphorus: 266.39mg (26.64%), Vitamin B3: 4.82mg (24.1%), Manganese: 0.41mg (20.31%), Folate: 78.91µg (19.73%), Selenium: 13.41µg (19.16%), Vitamin C: 15.77mg (19.12%),

Vitamin B5: 1.85mg (18.46%), Vitamin B1: 0.26mg (17.19%), Iron: 2.85mg (15.83%), Magnesium: 61.27mg (15.32%), Calcium: 134.18mg (13.42%), Zinc: 1.93mg (12.9%), Fiber: 3.01g (12.06%), Vitamin D: 0.31µg (2.08%), Vitamin E: 0.29mg (1.92%)