



Rutabaga-Bacon Purée



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 2 bacon thin
- ☐ 0.8 pound baking potato cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 2 pounds rutabaga cubed peeled
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water

Equipment

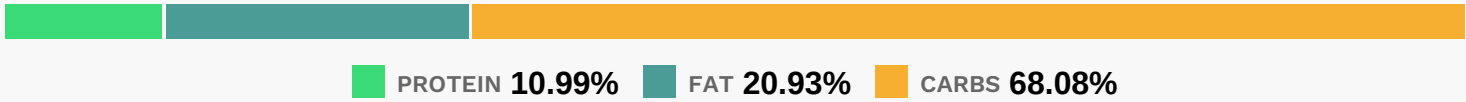
- ☐ bowl

- ☐ blender
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Cook bacon in a Dutch oven over medium heat 5 minutes or until done (but not crisp).
- ☐ Add rutabaga, water, and potato. Bring to a boil; cook 20 minutes or until tender.
- ☐ Drain the rutabaga mixture in a colander over a bowl, reserving 3/4 cup cooking liquid.
- ☐ Combine 3/4 cup cooking liquid and rutabaga mixture in a blender, and process until smooth. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:11.21, Inflammation Score:-3, Nutrition Score:7.233913000835%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 98.64kcal (4.93%), Fat: 2.4g (3.69%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.39g (5.23%), Sugar: 5.32g (5.91%), Cholesterol: 3.63mg (1.21%), Sodium: 130.74mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin C: 30.77mg (37.3%), Potassium: 534.93mg (15.28%), Vitamin B6: 0.27mg (13.75%), Fiber: 3.18g (12.71%), Manganese: 0.22mg (11.2%), Vitamin B1: 0.15mg (10.15%), Phosphorus: 91.51mg (9.15%), Magnesium: 34.41mg (8.6%), Folate: 29.78µg (7.44%), Vitamin B3: 1.46mg (7.28%), Calcium: 58.44mg (5.84%), Copper: 0.1mg (5.11%), Iron: 0.89mg (4.97%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.47mg (3.15%), Selenium: 2.07µg (2.96%), Vitamin E: 0.37mg (2.46%), Vitamin K: 1.21µg (1.15%)