



Rutabaga Hash with Onions and Crisp Bacon

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- 1 anaheim chile stemmed seeded cut into 1/2-in. dice
- 4 slices bacon
- 2 celery stalks halved lengthwise thinly sliced
- 3 tablespoons cilantro leaves chopped
- 1 small jalapeño chile minced stemmed seeded
- 4 servings olive oil
- 0.5 teaspoon pepper
- 1.5 pounds rutabagas ends trimmed peeled cut into 1/2-in. dice

- 0.8 teaspoon sea salt fine
- 4 servings tabasco
- 1 medium onion yellow cut into 1/2-in. dice

Equipment

- frying pan
- paper towels
- aluminum foil
- slotted spoon

Directions

- Cook bacon in a 12-in. skillet, preferably cast iron, over medium-high heat until crisp, 5 to 8 minutes. Using a slotted spoon, transfer to paper towels to drain.
- Measure fat in pan and add oil if needed to make 3 tbsp. Saut rutabagas and onion in fat over medium-high heat until onion starts to soften, 2 minutes. Reduce heat to medium, cover tightly with lid or foil, and cook, stirring once, until rutabagas are tender when pierced, 7 to 12 minutes.
- Stir in celery, chiles, salt, and pepper; cook uncovered, stirring frequently, until rutabagas are browned and celery and chiles are fairly tender, 7 to 10 minutes. Fold in cilantro and bacon. At the table, add Tabasco to taste.

Nutrition Facts



PROTEIN 6.59% **FAT 68.46%** **CARBS 24.95%**

Properties

Glycemic Index:56.75, Glycemic Load:8.39, Inflammation Score:-5, Nutrition Score:11.450869635395%

Flavonoids

Apigenin: 6.62mg, Apigenin: 6.62mg, Apigenin: 6.62mg, Apigenin: 6.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 3.63mg, Myricetin: 3.63mg, Myricetin: 3.63mg, Myricetin: 3.63mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 295.22kcal (14.76%), Fat: 23.06g (35.47%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 13.86g (5.04%), Sugar: 9.4g (10.44%), Cholesterol: 14.52mg (4.84%), Sodium: 654.62mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Vitamin C: 50.61mg (61.34%), Fiber: 5.04g (20.17%), Vitamin E: 2.77mg (18.45%), Potassium: 621.65mg (17.76%), Vitamin B1: 0.23mg (15.25%), Manganese: 0.3mg (15.03%), Vitamin B6: 0.28mg (13.95%), Phosphorus: 131.75mg (13.17%), Vitamin K: 11.62µg (11.07%), Vitamin B3: 2.17mg (10.83%), Folate: 42.84µg (10.71%), Magnesium: 40.68mg (10.17%), Calcium: 83.51mg (8.35%), Selenium: 5.79µg (8.27%), Vitamin B2: 0.1mg (5.76%), Iron: 1.02mg (5.67%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.45mg (4.49%), Copper: 0.08mg (4.05%), Vitamin B12: 0.11µg (1.83%), Vitamin A: 80.58IU (1.61%)