



## Turnips with Bacon and Pickled Mustard Seeds



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

### Ingredients

- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup sugar
- ☐ 0.3 pound bacon thick-cut thick
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon coarse mustard whole
- ☐ 0.3 cup mustard seeds yellow

- ☐ 2 pounds frangelico trimmed halved quartered
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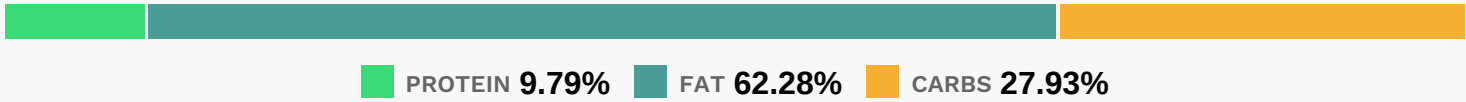
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

## Directions

- ☐ Bring sugar, vinegar, and 1/4 cup water to a boil in a small saucepan.
- ☐ Remove from heat and stir in mustard seeds.
- ☐ Let stand at least 4 hours, or cover and chill up to 12 hours.
- ☐ Heat oil in a large skillet over medium heat; add bacon and cook, stirring occasionally, until brown and crisp, 8–10 minutes. Use a slotted spoon to transfer bacon to a small bowl and stir in pickled mustard seeds and whole grain mustard; set vinaigrette aside.
- ☐ Meanwhile, cook turnips in a large pot of boiling salted water until tender, about 3 minutes.
- ☐ Drain and pat turnips dry.
- ☐ Heat a large skillet over medium–high heat.
- ☐ Add turnips and vinaigrette and cook, tossing, until warmed through, about 2 minutes; season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:23.01, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:3.6921739124733%

## Nutrients (% of daily need)

Calories: 133.59kcal (6.68%), Fat: 9.34g (14.37%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.67g (3.15%), Sugar: 7.82g (8.69%), Cholesterol: 9.36mg (3.12%), Sodium: 117.07mg (5.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Selenium: 14.58µg (20.83%), Manganese: 0.16mg (8.14%), Phosphorus: 68.1mg (6.81%), Magnesium: 23.38mg (5.85%), Vitamin B1: 0.09mg (5.7%), Vitamin B3: 0.83mg (4.17%), Iron: 0.65mg (3.6%), Vitamin K: 3.61µg (3.43%), Zinc: 0.51mg (3.4%), Vitamin E: 0.48mg (3.18%), Vitamin B6: 0.06mg (3.02%), Fiber: 0.75g (3.02%), Potassium: 80.46mg (2.3%), Copper: 0.05mg (2.27%), Folate: 8.75µg (2.19%), Calcium: 18.68mg (1.87%), Vitamin B2: 0.03mg (1.64%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.18%)