



Alfredo Rutabaga

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 egg yolk
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 rutabaga cubed peeled
- ☐ 4 servings salt to taste

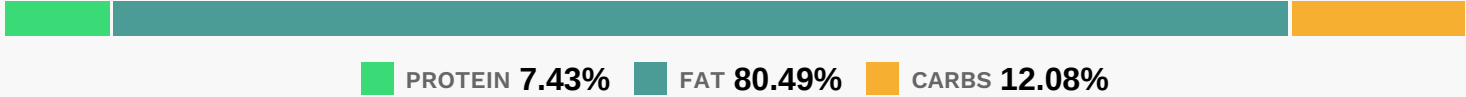
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Add rutabaga and boil until tender, about 30 minutes; drain.
- ☐ Melt butter in a saucepan over medium heat.
- ☐ Pour heavy cream into melted butter and bring to a simmer, stirring constantly.
- ☐ Stir Parmesan cheese, nutmeg, and salt into cream until cheese is completely melted, about 3 minutes.
- ☐ Whisk in egg yolk; simmer until sauce is thickened, about 3 more minutes, whisking constantly.
- ☐ Mix rutabaga into the sauce until well coated.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:4.42, Inflammation Score:-7, Nutrition Score:9.7773913093235%

Flavonoids

Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 381.06kcal (19.05%), Fat: 34.89g (53.67%), Saturated Fat: 21.51g (134.42%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 9.54g (3.47%), Sugar: 6.12g (6.8%), Cholesterol: 149.29mg (49.76%), Sodium: 509.88mg (22.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.49%), Vitamin C: 24.49mg (29.68%), Vitamin A: 1312.12IU (26.24%), Calcium: 199.94mg (19.99%), Phosphorus: 185.24mg (18.52%), Selenium: 9.46µg (13.52%), Vitamin B2: 0.22mg (13%), Potassium: 381.75mg (10.91%), Fiber: 2.25g (8.98%), Vitamin E: 1.26mg (8.4%), Vitamin D: 1.26µg (8.38%), Folate: 30.38µg (7.59%), Vitamin B1: 0.11mg (7.4%), Manganese: 0.14mg (7.21%), Vitamin B6: 0.14mg (7.19%), Magnesium: 28.51mg (7.13%), Zinc: 1.03mg (6.88%), Vitamin B12: 0.37µg (6.16%), Vitamin B5: 0.49mg

(4.93%), Iron: 0.67mg (3.73%), Vitamin B3: 0.73mg (3.65%), Vitamin K: 3.17µg (3.02%), Copper: 0.05mg (2.37%)