



## Braised Turnips

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 2 cups cooking liquid (reserved from chicken)
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 1 tablespoon sugar
- 8 small turnips peeled quartered

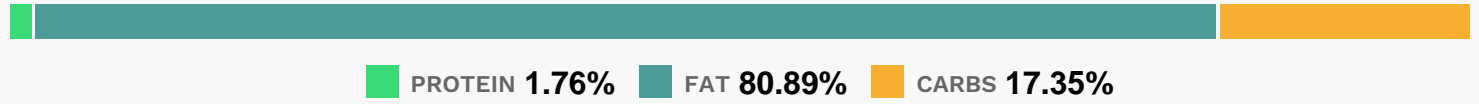
### Equipment

- frying pan

## Directions

- Combine all ingredients except turnips in a large nonstick skillet, and bring to a boil.
- Add turnips. Cover; reduce heat to medium-low. Cook 25 minutes or until tender.
- Drain.

## Nutrition Facts



## Properties

Glycemic Index:21.89, Glycemic Load:3.11, Inflammation Score:-2, Nutrition Score:3.0117390985074%

## Nutrients (% of daily need)

Calories: 121.94kcal (6.1%), Fat: 11.27g (17.33%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 77.23mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 12.81mg (15.53%), Vitamin E: 1.98mg (13.19%), Vitamin K: 8.1µg (7.71%), Fiber: 1.1g (4.42%), Manganese: 0.09mg (4.29%), Potassium: 116.96mg (3.34%), Vitamin B6: 0.05mg (2.75%), Copper: 0.05mg (2.62%), Folate: 9.16µg (2.29%), Calcium: 18.48mg (1.85%), Magnesium: 6.76mg (1.69%), Phosphorus: 16.52mg (1.65%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.12mg (1.22%), Vitamin B3: 0.24mg (1.22%), Vitamin B2: 0.02mg (1.1%), Zinc: 0.17mg (1.1%), Iron: 0.19mg (1.04%)