



Braised Turnips with Poppy-Seed Bread Crumbs

 Vegetarian

READY IN



1500 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs from a baguette fresh fine
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon poppy seeds
- ☐ 2 pounds turnips 1-inch-thick peeled cut into wedges (not Japanese)

- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups water

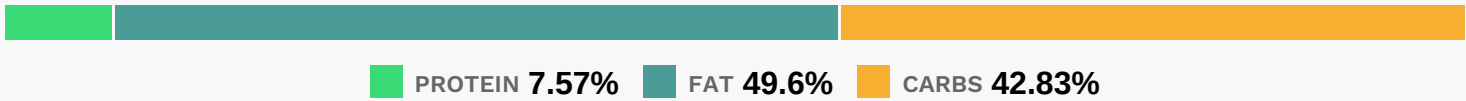
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).
- ☐ Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 minute.
- ☐ Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.
- ☐ Chateau Reynella McLaren Vale Grenache '04
- ☐ • Turnips can be braised 1 day ahead and chilled, uncovered, until cool, then covered. Reheat with a little water before serving. • Bread-crumb mixture, without parsley, can be made 1 day ahead and kept in an airtight container at room temperature. Stir in parsley before using.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:15.316521805266%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 321.43kcal (16.07%), Fat: 18.13g (27.89%), Saturated Fat: 6.81g (42.59%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 29.43g (10.7%), Sugar: 10.48g (11.64%), Cholesterol: 22.58mg (7.53%), Sodium: 356.63mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin C: 50.66mg (61.41%), Manganese: 0.72mg (35.9%), Vitamin B1: 0.37mg (24.99%), Fiber: 5.8g (23.18%), Vitamin K: 23.37µg (22.26%), Folate: 67.36µg (16.84%), Copper: 0.32mg (15.92%), Calcium: 158.02mg (15.8%), Potassium: 517.28mg (14.78%), Vitamin B3: 2.74mg (13.72%), Phosphorus: 129.91mg (12.99%), Iron: 2.32mg (12.91%), Selenium: 8.91µg (12.73%), Vitamin B6: 0.25mg (12.73%), Magnesium: 46.37mg (11.59%), Vitamin B2: 0.19mg (10.88%), Vitamin E: 1.39mg (9.3%), Zinc: 1.22mg (8.14%), Vitamin A: 346.93IU (6.94%), Vitamin B5: 0.63mg (6.35%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.16µg (1.05%)