



## Caramelized Turnips

 **Gluten Free**  **Popular**  **Low Fod Map**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**76 kcal**

SIDE DISH

### Ingredients

- 1 tablespoon butter as needed
- 1 cube chicken bouillon
- 3 cups turnips diced peeled
- 0.3 cup water
- 2 tablespoons sugar white

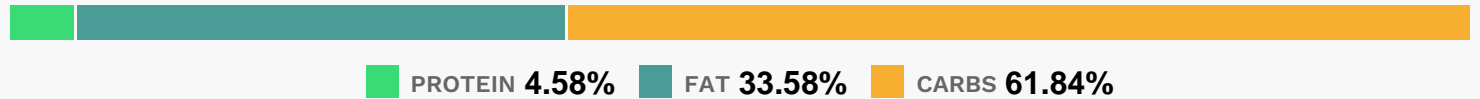
### Equipment

- frying pan

## Directions

- Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:48.27, Glycemic Load:7.49, Inflammation Score:-2, Nutrition Score:3.4982608534072%

## Nutrients (% of daily need)

Calories: 75.5kcal (3.78%), Fat: 2.96g (4.55%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 10.49g (3.82%), Sugar: 9.7g (10.77%), Cholesterol: 7.53mg (2.51%), Sodium: 89.63mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 20.48mg (24.82%), Fiber: 1.75g (7.02%), Manganese: 0.13mg (6.54%), Potassium: 187.2mg (5.35%), Vitamin B6: 0.09mg (4.39%), Copper: 0.09mg (4.28%), Folate: 14.73µg (3.68%), Calcium: 30.61mg (3.06%), Magnesium: 10.95mg (2.74%), Phosphorus: 27.17mg (2.72%), Vitamin B1: 0.04mg (2.61%), Vitamin B5: 0.2mg (1.99%), Vitamin B3: 0.39mg (1.96%), Vitamin B2: 0.03mg (1.86%), Zinc: 0.27mg (1.79%), Vitamin A: 87.46IU (1.75%), Iron: 0.3mg (1.65%), Selenium: 0.75µg (1.08%)