



Caramelized Turnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parsley fresh minced
- ☐ 1 tablespoon butter light
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 1.8 pounds turnips peeled coarsely chopped (3 turnips)
- ☐ 1 cup water

Equipment

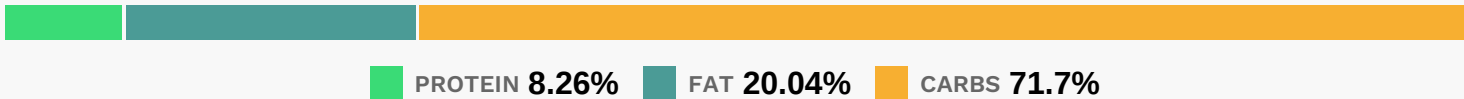
- ☐ bowl

☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat; add turnips. Cook 10 minutes or until turnips are browned.
- ☐ Add sugar; cook 30 seconds, stirring constantly.
- ☐ Add water and salt; stir well. Simmer, uncovered, 10 minutes or until most of the liquid is absorbed and turnips are tender.
- ☐ Transfer turnips to a large serving bowl; sprinkle with parsley, and toss gently.

Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:6.59, Inflammation Score:-4, Nutrition Score:6.9191303235357%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.14kcal (3.06%), Fat: 1.45g (2.23%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.19g (3.34%), Sugar: 8.04g (8.94%), Cholesterol: 2.47mg (0.82%), Sodium: 286.67mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin K: 41.24µg (39.28%), Vitamin C: 31.11mg (37.71%), Fiber: 2.46g (9.86%), Manganese: 0.18mg (9.09%), Potassium: 268.3mg (7.67%), Copper: 0.12mg (6.14%), Vitamin B6: 0.12mg (6.08%), Folate: 23.67µg (5.92%), Vitamin A: 250.22IU (5%), Calcium: 45.59mg (4.56%), Magnesium: 16.32mg (4.08%), Phosphorus: 37.96mg (3.8%), Vitamin B1: 0.06mg (3.69%), Iron: 0.58mg (3.22%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.27mg (2.75%), Zinc: 0.39mg (2.63%), Vitamin B2: 0.04mg (2.61%), Selenium: 0.97µg (1.39%)