



## Carrot Turnip Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons butter melted
- 2 pounds carrots chopped
- 2 tablespoons milk
- 8 ounce processed cheese food shredded
- 8 ounce bread stuffing mix instant
- 1 turnip chopped

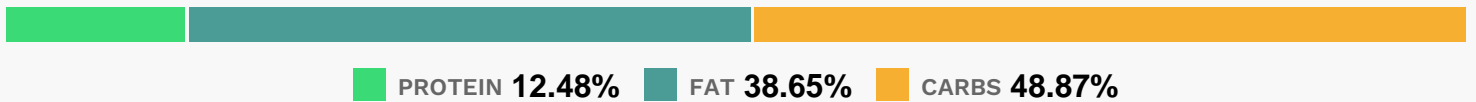
### Equipment

- bowl
- oven
- pot
- casserole dish
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- Prepare the stuffing according to package directions.
- Place turnip and carrots in a pot with enough water to cover, and bring to a boil. Cook until tender.
- Drain, and mash.
- Mix in butter and brown sugar until melted.
- Place processed cheese food in a microwave-safe bowl, and melt in the microwave. Stir in milk, and mix into the mashed vegetables.
- Transfer to the prepared casserole dish. Top with the stuffing.
- Bake 20 minutes in the preheated oven, until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:29.35, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:17.54086948996%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 304.11kcal (15.21%), Fat: 13.22g (20.34%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 33.26g (12.09%), Sugar: 12.03g (13.37%), Cholesterol: 36.61mg (12.2%), Sodium: 985.26mg (42.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Vitamin A: 19306.29IU (386.13%),

Calcium: 373.69mg (37.37%), Selenium: 19.7µg (28.14%), Phosphorus: 270.25mg (27.02%), Folate: 73.86µg (18.47%), Manganese: 0.36mg (18.23%), Fiber: 4.36g (17.43%), Vitamin B1: 0.26mg (17.1%), Vitamin K: 16.29µg (15.51%), Vitamin B2: 0.26mg (15.15%), Potassium: 509.62mg (14.56%), Vitamin B3: 2.84mg (14.2%), Vitamin C: 9.89mg (11.99%), Vitamin B6: 0.23mg (11.61%), Iron: 1.67mg (9.26%), Magnesium: 34.79mg (8.7%), Zinc: 1.3mg (8.68%), Vitamin E: 1.17mg (7.8%), Vitamin B12: 0.46µg (7.62%), Copper: 0.15mg (7.3%), Vitamin B5: 0.59mg (5.89%), Vitamin D: 0.21µg (1.41%)