

Creamed Turnips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 2 peppercorns black
- 1 tablespoon cornstarch
- 4 servings nutmeg
- 4 servings pepper white black (I used because that's what I have; would be prettier)
- 4 servings salt to taste
- 0.8 cup soymilk plain
- 1 pound turnip peeled quartered (I used 4 turnips)

Equipment

- food processor
- bowl
- frying pan
- blender
- potato masher
- stove
- microwave
- immersion blender

Directions

- Heat the soymilk until it is just beginning to bubble—I heated it for about 2 minutes, stirring every 15 seconds. Watch it, and don't let it boil over. (You can do this on the stove if you prefer.) Set it aside until the turnips are done. When the turnips are soft, drain them and put them back into the pan or into a large serving bowl. Using a potato masher, mash them well but don't worry about lumps at this point.
- Mix the 1 tablespoon cornstarch with 2 tablespoons of cold water until smooth.
- Remove the bay leaves, cloves, and peppercorns from the soymilk, and add the cornstarch mixture, stirring as you add it.
- Put the soymilk back into the microwave (or onto the stove) and heat it, stirring often (at least every 15 seconds), until it's bubbling and thickened, about 2 minutes in the microwave.
- Add salt and pepper to taste and a sprinkling of nutmeg.
- Add the sauce to the mashed turnips. At this point, I used my super-powerful hand blender (immersion blender) to puree it to creamy smoothness. If you don't have one, you can put the whole mixture into a food processor or blender and puree. Check the seasonings, adding more salt and pepper if needed, and serve with a sprinkling of nutmeg on top.

Nutrition Facts



PROTEIN 13.59% **FAT 21.49%** **CARBS 64.92%**

Properties

Glycemic Index:60.1, Glycemic Load:4.7, Inflammation Score:-3, Nutrition Score:7.2173913289671%

Nutrients (% of daily need)

Calories: 70.32kcal (3.52%), Fat: 1.73g (2.66%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 9.06g (3.29%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 292.43mg (12.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Vitamin C: 27.08mg (32.83%), Manganese: 0.23mg (11.74%), Fiber: 2.7g (10.81%), Vitamin B6: 0.21mg (10.48%), Calcium: 100.89mg (10.09%), Vitamin B3: 1.94mg (9.69%), Copper: 0.17mg (8.74%), Potassium: 288.34mg (8.24%), Folate: 32.81µg (8.2%), Vitamin B12: 0.48µg (7.97%), Vitamin E: 1.15mg (7.67%), Vitamin B2: 0.12mg (7.28%), Vitamin B1: 0.08mg (5.33%), Magnesium: 16.52mg (4.13%), Iron: 0.66mg (3.69%), Vitamin A: 179.86IU (3.6%), Vitamin D: 0.53µg (3.54%), Phosphorus: 35.43mg (3.54%), Zinc: 0.46mg (3.07%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.23mg (2.29%)