



Creamed Turnips



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds turnips
- ☐ 6 peppercorns black
- ☐ 6 cloves whole
- ☐ 2 bay leaves
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup heavy cream
- ☐ 2 Tbsp butter unsalted
- ☐ 1 teaspoon pepper white

☐ 6 servings nutmeg freshly grated to taste

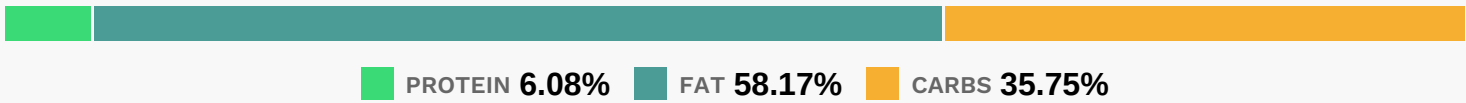
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ potato masher
- ☐ cheesecloth

Directions

- ☐ Boil the turnips, then drain: Peel and cut the turnips into large chunks. In a large saucepan of boiling water, add the tablespoon of salt, the peppercorns, cloves and bay leaves.
- ☐ You may want to tie the spices into a sachet or cheesecloth bag — this makes it easier to remove them later.
- ☐ Boil turnips until tender, 15 to 20 minutes, then drain and remove the spices.
- ☐ Add cream, simmer, then mash: Return the turnips to the pot they boiled in and add the cream. Turn the burner to medium-low. Bring this to a gentle simmer and mash the turnips with a potato masher.
- ☐ Add the white pepper, the teaspoon of salt and freshly grated nutmeg to taste and serve at once.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.08, Inflammation Score:-5, Nutrition Score:9.7073912594629%

Nutrients (% of daily need)

Calories: 177.26kcal (8.86%), Fat: 11.99g (18.45%), Saturated Fat: 7.55g (47.18%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 11.9g (4.33%), Sugar: 9.78g (10.86%), Cholesterol: 32.59mg (10.86%), Sodium: 1321.49mg (57.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 47.89mg (58.05%), Manganese: 0.52mg (25.77%), Fiber: 4.69g (18.75%), Potassium: 464.19mg (13.26%), Copper: 0.22mg (11.12%), Vitamin B6: 0.22mg (10.82%), Folate: 36.64µg (9.16%), Calcium: 89.53mg (8.95%), Vitamin A: 414.8IU (8.3%), Phosphorus: 79.12mg (7.91%), Magnesium: 31.15mg (7.79%), Vitamin B1: 0.1mg (6.82%), Vitamin B2: 0.11mg (6.43%), Vitamin B5:

0.51mg (5.12%), Iron: 0.87mg (4.82%), Zinc: 0.72mg (4.81%), Vitamin B3: 0.95mg (4.77%), Selenium: 2.3µg (3.28%),
Vitamin D: 0.39µg (2.59%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.64µg (1.56%)