



## Creamy Homestyle Turnips

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**324 kcal**

**SIDE DISH**

### Ingredients

- 2 tablespoons butter
- 3 cloves garlic minced
- 1 green onion minced
- 4 servings ground pepper black to taste
- 0.8 cup heavy whipping cream
- 0.5 teaspoon oregano
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon parsley flakes

- 4 servings salt to taste
- 5 large turnips cut into cubes

## Equipment

- sauce pan

## Directions

- Melt butter in a saucepan over medium heat. Cook and stir garlic in melted butter until browned, about 5 minutes. Stir turnips into the butter and garlic; cook and stir until just beginning to soften, 7 to 10 minutes.
- Add cream and Parmesan cheese to the turnip mixture; bring to a simmer and cook, stirring regularly, until the liquid thickens, 10 to 15 minutes. Stir green onion, oregano, parsley, salt, and black pepper into the turnip mixture; cook until the green onion slightly wilts, 1 to 2 minutes.

## Nutrition Facts

**PROTEIN 8.76%** **FAT 68.81%** **CARBS 22.43%**

## Properties

Glycemic Index:55.5, Glycemic Load:8, Inflammation Score:-8, Nutrition Score:12.796087036962%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 323.85kcal (16.19%), Fat: 25.55g (39.3%), Saturated Fat: 15.83g (98.96%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 14.36g (5.22%), Sugar: 10.11g (11.24%), Cholesterol: 76.35mg (25.45%), Sodium: 623.86mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin C: 49.59mg (60.11%), Calcium: 221.19mg (22.12%), Vitamin A: 974.2IU (19.48%), Manganese: 0.39mg (19.35%), Fiber: 4.38g (17.51%), Phosphorus: 173.71mg (17.37%), Potassium: 526.14mg (15.03%), Vitamin B6: 0.26mg (13.23%), Vitamin B2: 0.2mg (12.04%), Selenium: 7.74µg (11.06%), Copper: 0.22mg (10.84%), Vitamin K: 10.5µg (10%), Folate: 39.68µg (9.92%), Zinc: 1.32mg (8.79%), Magnesium: 34.86mg (8.72%), Vitamin B1: 0.11mg (7.39%), Vitamin B5: 0.64mg (6.39%), Iron: 0.98mg (5.43%), Vitamin D: 0.78µg (5.18%), Vitamin E: 0.77mg (5.14%), Vitamin B3: 1mg (5.01%), Vitamin B12: 0.25µg (4.2%)