



Turnip and Pear Purée

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- 0.5 cup cup heavy whipping cream
- 1 juice of lemon with the juice of 1 medium lemon ripe peeled cut into 1-1/2-inch cubes, and kept in water (Bosc, Anjou, or Bartlett)
- 1 teaspoon kosher salt
- 0.5 pound baking potatoes peeled cut into 1-1/2-inch cubes
- 3 pounds turnip
- 6 tablespoons butter unsalted at room temperature ()

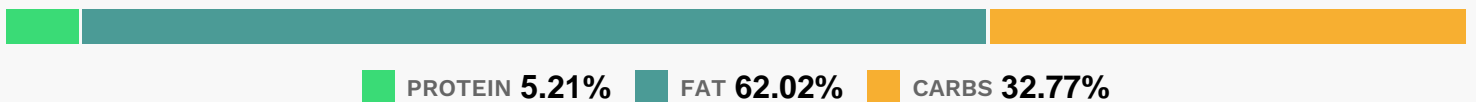
Equipment

- food processor
- sauce pan
- pot

Directions

- Combine turnips and potatoes in a large saucepan or small stockpot and cover by 2 inches with cold water. (Turnips float, so you'll have to push them down to make sure you've got enough water.)
- Add salt and bring to a boil over high heat. Reduce heat to medium high, partially cover, and cook for 10 minutes.
- Add pears, partially cover, and cook until vegetables and pears are tender when pierced, about another 15 minutes.
- Drain and return vegetables and pears to the pot over high heat. (The pears and turnips will release a lot of juices.) Cook, stirring often, until juices reduce and turn syrupy, about 5 minutes. Working in batches, purée vegetables and pears with butter and cream in a food processor until silky smooth.
- Add freshly ground white pepper, taste, and adjust seasoning as necessary.
- Serve immediately or leave purée in the pot for up to an hour and reheat over medium-low heat.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:8.1891304176787%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.71kcal (9.84%), Fat: 14.09g (21.67%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.31g (4.84%), Sugar: 7.17g (7.97%), Cholesterol: 39.38mg (13.13%), Sodium: 411.28mg (17.88%),

Alcohol: Og (100%), Protein: 2.66g (5.32%), Vitamin C: 38.88mg (47.12%), Fiber: 3.44g (13.77%), Manganese: 0.27mg (13.71%), Potassium: 463.68mg (13.25%), Vitamin B6: 0.26mg (12.91%), Vitamin A: 481.57IU (9.63%), Copper: 0.18mg (8.9%), Folate: 31.14µg (7.79%), Phosphorus: 72.97mg (7.3%), Calcium: 67.46mg (6.75%), Magnesium: 26.71mg (6.68%), Vitamin B1: 0.1mg (6.38%), Vitamin B2: 0.09mg (5.44%), Vitamin B3: 0.99mg (4.96%), Vitamin B5: 0.48mg (4.8%), Iron: 0.78mg (4.31%), Zinc: 0.59mg (3.93%), Vitamin E: 0.44mg (2.93%), Selenium: 1.86µg (2.66%), Vitamin D: 0.4µg (2.64%), Vitamin K: 1.89µg (1.8%)