



Finnish Turnip Casserole

 Vegetarian

READY IN



95 min.

SERVINGS



3

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter softened
- 3 large carrots cubed
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup milk
- 0.5 teaspoon salt
- 1 large turnip cubed

2 tablespoons sugar white

Equipment

bowl

oven

whisk

pot

casserole dish

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Place the carrot and turnip cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.

Drain and allow to steam dry for a minute or two.

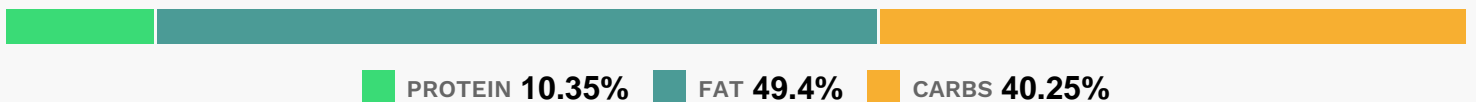
Return the carrots and turnips to the pot, and mash well with the butter, salt, flour and 1/4 cup of sugar.

Whisk together the eggs and milk in a bowl, then stir into the mashed carrot mixture until blended.

Scrape into the prepared casserole dish. Stir together 2 tablespoons of sugar with the cinnamon in a small bowl, and sprinkle over the top of the carrot mash.

Bake in the preheated oven until the carrot mash has slightly firmed and the top has begun to turn golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:119.31, Glycemic Load:16.41, Inflammation Score:-10, Nutrition Score:14.98565217723%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 282.45kcal (14.12%), Fat: 15.81g (24.32%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 25.51g (9.27%), Sugar: 15.82g (17.58%), Cholesterol: 144.1mg (48.03%), Sodium: 625.56mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin A: 12602.95IU (252.06%), Vitamin C: 17.06mg (20.68%), Selenium: 14µg (20%), Vitamin B2: 0.31mg (18.12%), Phosphorus: 155.54mg (15.55%), Manganese: 0.3mg (14.8%), Folate: 56.11µg (14.03%), Fiber: 3.48g (13.94%), Potassium: 463.85mg (13.25%), Vitamin B1: 0.19mg (12.6%), Vitamin B6: 0.23mg (11.71%), Calcium: 115.42mg (11.54%), Vitamin K: 10.84µg (10.32%), Vitamin B5: 0.98mg (9.82%), Vitamin B12: 0.5µg (8.41%), Vitamin B3: 1.64mg (8.2%), Iron: 1.42mg (7.89%), Vitamin E: 1.16mg (7.71%), Vitamin D: 1.03µg (6.89%), Magnesium: 26.43mg (6.61%), Zinc: 0.97mg (6.49%), Copper: 0.12mg (6.11%)