



## Finnish Turnips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 2 tablespoons butter
- 2 tablespoons cornflakes cereal crushed
- 2 eggs beaten
- 1 cup heavy whipping cream
- 0.5 teaspoon salt
- 4 small turnips chopped

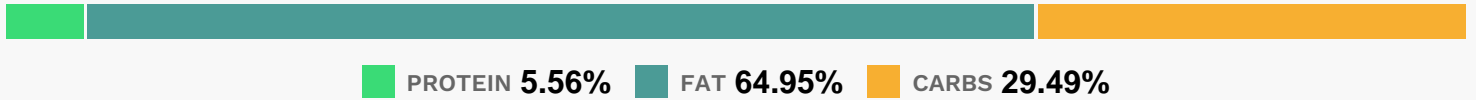
### Equipment

- bowl
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 350 degrees (175 degrees C).
- Bring a pot of salted water to a boil.
- Add turnips; cook until tender but still firm.
- Drain.
- In a large bowl, add turnips, butter, salt, cream, eggs, brown sugar and 1 cup corn flakes. Blend until well mixed.
- Pour into a 2 quart casserole dish, sprinkle with remaining 2 tablespoons crushed corn flakes.
- Bake for 45 to 50 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:9.8195651925128%

## Nutrients (% of daily need)

Calories: 397.09kcal (19.85%), Fat: 29.34g (45.14%), Saturated Fat: 17.99g (112.42%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 28.64g (10.41%), Sugar: 22.63g (25.14%), Cholesterol: 164.13mg (54.71%), Sodium: 482.9mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin A: 1300.43IU (26.01%), Vitamin B2: 0.35mg (20.32%), Vitamin C: 14.72mg (17.84%), Iron: 2.9mg (16.1%), Selenium: 9.87µg (14.1%), Vitamin B6: 0.25mg (12.66%), Folate: 48.66µg (12.16%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 1.66µg (11.05%), Phosphorus: 104.49mg (10.45%), Vitamin B1: 0.14mg (9.63%), Calcium: 87.34mg (8.73%), Vitamin B3: 1.65mg (8.23%), Potassium: 241.94mg (6.91%), Vitamin B5: 0.66mg (6.6%), Vitamin E: 0.97mg (6.45%), Manganese: 0.11mg (5.67%), Fiber: 1.34g (5.37%), Copper: 0.1mg (4.89%), Magnesium: 18.2mg (4.55%), Zinc: 0.68mg (4.52%), Vitamin K: 2.52µg (2.4%)