



## Finnish Turnips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

### Ingredients

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

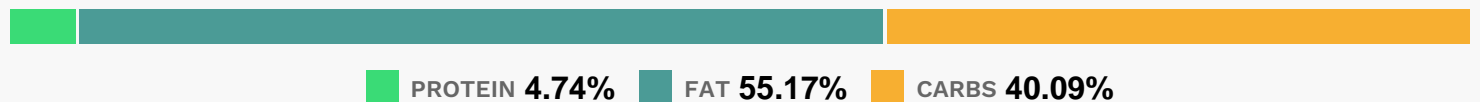
## Equipment

- 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:10.061739175216%

## Nutrients (% of daily need)

Calories: 466.76kcal (23.34%), Fat: 29.34g (45.14%), Saturated Fat: 17.99g (112.42%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 46.62g (16.95%), Sugar: 40.41g (44.9%), Cholesterol: 164.13mg (54.71%), Sodium: 488.03mg (21.22%), Alcohol: 0g (100%), Protein: 5.67g (11.34%), Vitamin A: 1300.43IU (26.01%), Vitamin B2: 0.35mg (20.32%), Vitamin C: 14.72mg (17.84%), Iron: 3.03mg (16.82%), Selenium: 10.09µg (14.41%), Vitamin B6: 0.26mg (13.04%), Folate: 48.84µg (12.21%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 1.66µg (11.05%), Phosphorus: 105.23mg (10.52%), Calcium: 102.55mg (10.26%), Vitamin B1: 0.14mg (9.63%), Vitamin B3: 1.67mg (8.33%), Potassium: 266.32mg (7.61%), Vitamin B5: 0.68mg (6.84%), Vitamin E: 0.97mg (6.45%), Manganese: 0.13mg (6.26%), Fiber: 1.34g (5.37%), Copper: 0.11mg (5.32%), Magnesium: 19.85mg (4.96%), Zinc: 0.68mg (4.56%), Vitamin K: 2.52µg

(2.4%)