



Finnish Yellow Turnip (Swede or Rutabaga) Bake

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- 2 medium turnip yellow
- 2 tablespoons butter
- 1 cup cup heavy whipping cream
- 0.5 cup breadcrumbs dry fine
- 1 tablespoon granulated sugar
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar

- 1 teaspoon salt
- 0.5 teaspoon nutmeg
- 0.3 teaspoon pepper fresh black
- 2 tablespoons breadcrumbs
- 1 tablespoon butter melted

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- potato masher

Directions

- Peel& cube turnip.
- You should have at least 9 cups.
- Place in a large saucepan& cover with water.
- Bring to a boil over high heat.
- Cover& reduce heat so water gently bubbles.
- Cook until tender, from 25-30 minutes.
- Then drain.
- Using potato masher or electric mixer, mash turnip.
- Stir in 2 tbsp butter until melted, then mix in milk.
- Stil 1/2 cup bread crumbs with sugars& seasonings.
- Stir into turnip.
- If baking right away, preheat oven to 350 degrees F.
- BUtter a 9x13" baking dish or coat with cooking spray.
- Spread turnip evenly in pan and run fork over top to create a rough appearance.

- Sprinkle with 2 tbsp bread crumbs& drizzle with 1 tbsp melted butter.
- Bake uncovered in centre of oven until centre is hot& crumbs are golden-tipped- about 45 minutes.
- Serve right away with roast turkey, chicken, pork or beef.
- Note: To make ahead, prepare completely.
- Do not bake.
- Cover& refrigerate for up to 2 days.
- A cold casserole may need 55-60 minutes baking time.
- If frozen, turnip's texture may soften& water out.

Nutrition Facts



Properties

Glycemic Index:86.27, Glycemic Load:4.22, Inflammation Score:-6, Nutrition Score:8.1486957073212%

Nutrients (% of daily need)

Calories: 403.72kcal (20.19%), Fat: 31.14g (47.91%), Saturated Fat: 19.38g (121.11%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26g (9.45%), Sugar: 14.09g (15.66%), Cholesterol: 89.81mg (29.94%), Sodium: 843.02mg (36.65%), Alcohol: 0g (100%), Protein: 4.83g (9.67%), Vitamin A: 1137.98IU (22.76%), Vitamin C: 13.17mg (15.97%), Vitamin B1: 0.22mg (14.45%), Manganese: 0.28mg (14.05%), Vitamin B2: 0.21mg (12.31%), Selenium: 7.08µg (10.12%), Calcium: 100.33mg (10.03%), Phosphorus: 85mg (8.5%), Fiber: 2.01g (8.06%), Folate: 31.91µg (7.98%), Vitamin B3: 1.53mg (7.63%), Iron: 1.21mg (6.71%), Potassium: 222.51mg (6.36%), Vitamin D: 0.95µg (6.35%), Copper: 0.11mg (5.66%), Vitamin E: 0.83mg (5.5%), Vitamin B6: 0.1mg (5.08%), Magnesium: 20.27mg (5.07%), Zinc: 0.6mg (3.97%), Vitamin B5: 0.4mg (3.97%), Vitamin K: 4.13µg (3.93%), Vitamin B12: 0.18µg (2.96%)