



French-Glazed Turnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter cut into small pieces
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 pounds turnips peeled cut into 2-inch pieces
- ☐ 1.3 cup water divided

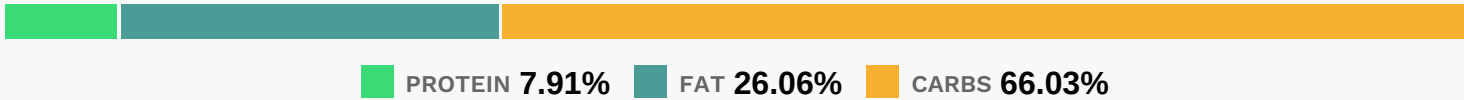
Equipment

☐ frying pan

Directions

- ☐ Place turnips in a single layer in a large skillet.
- ☐ Add 1 cup water; dot turnips with butter.
- ☐ Sprinkle with sugar, salt, and nutmeg. Bring to a boil; cover, reduce heat, and simmer 12 minutes. Uncover and simmer 10 minutes or until liquid evaporates. Cook, stirring occasionally, 6 to 8 minutes or until turnips are very lightly browned. Stir in remaining 1/4 cup water, parsley, and pepper.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:6.53, Inflammation Score:-3, Nutrition Score:6.2513042613864%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 67.45kcal (3.37%), Fat: 2.07g (3.19%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.76g (8.63%), Cholesterol: 5.02mg (1.67%), Sodium: 313.16mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin C: 33.08mg (40.1%), Vitamin K: 16.78µg (15.98%), Fiber: 2.77g (11.1%), Manganese: 0.21mg (10.57%), Potassium: 295.67mg (8.45%), Copper: 0.14mg (6.96%), Vitamin B6: 0.14mg (6.86%), Folate: 24.31µg (6.08%), Calcium: 49.18mg (4.92%), Magnesium: 17.82mg (4.46%), Phosphorus: 42.12mg (4.21%), Vitamin B1: 0.06mg (4.11%), Vitamin B5: 0.31mg (3.1%), Vitamin B3: 0.62mg (3.1%), Iron: 0.52mg (2.91%), Vitamin A: 142.82IU (2.86%), Zinc: 0.43mg (2.85%), Vitamin B2: 0.05mg (2.8%), Selenium: 1.1µg (1.57%)