



Fried Rutabaga

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup cornmeal
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 2 large rutabagas peeled sliced
- ☐ 0.3 teaspoon salt

- ☐ 8 servings vegetable oil
- ☐ 1 teaspoon vinegar white

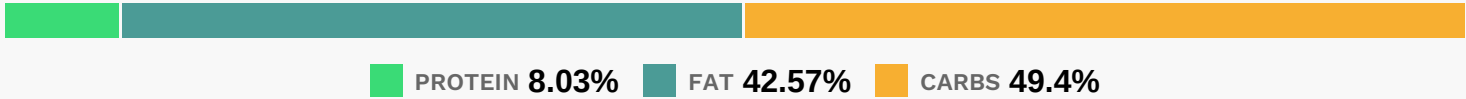
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Soak rutabaga in salted water to cover 2 hours.
- ☐ Drain.
- ☐ Whisk together egg, milk, and vinegar until blended. Stir together flour and next 4 ingredients. Dip rutabaga slices in egg mixture; dredge in flour mixture.
- ☐ Pour oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Fry rutabaga, in batches, in hot oil until browned.
- ☐ Drain on paper towels.
- ☐ Sprinkle with additional salt.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:26.53, Inflammation Score:-6, Nutrition Score:15.897825945979%

Flavonoids

Apigenin: 7.43mg, Apigenin: 7.43mg, Apigenin: 7.43mg, Apigenin: 7.43mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 351.43kcal (17.57%), Fat: 16.96g (26.09%), Saturated Fat: 3.04g (19%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 37.53g (13.65%), Sugar: 10.08g (11.2%), Cholesterol: 26mg (8.66%), Sodium: 141.03mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin C: 48.25mg (58.48%), Fiber: 6.75g

(26.98%), Vitamin K: 26.6µg (25.33%), Manganese: 0.5mg (24.9%), Vitamin B1: 0.37mg (24.76%), Phosphorus: 204.96mg (20.5%), Potassium: 713.21mg (20.38%), Folate: 78.83µg (19.71%), Vitamin B6: 0.34mg (17.09%), Magnesium: 66.98mg (16.75%), Selenium: 10.2µg (14.57%), Vitamin B3: 2.79mg (13.97%), Vitamin B2: 0.23mg (13.71%), Calcium: 133.21mg (13.32%), Iron: 2.32mg (12.86%), Vitamin E: 1.88mg (12.57%), Zinc: 1.36mg (9.09%), Copper: 0.14mg (6.9%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.38µg (2.51%), Vitamin A: 75.01IU (1.5%)