



Gisele's Turnip Souffle



Vegetarian

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon double-acting baking powder



0.5 cup bread crumbs fine



1.5 teaspoons brown sugar



5 tablespoons butter divided



2 cups chicken stock see



2 eggs separated



0.1 teaspoon mace



0.1 teaspoon ground pepper black

- ☐ 0.3 teaspoon salt to taste
- ☐ 2 pounds turnips cubed peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ hand mixer
- ☐ casserole dish
- ☐ potato masher

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray into an 8x8-inch casserole dish with cooking spray.
- ☐ Place turnips into a large pot and cover with chicken stock; bring to a boil. Reduce heat to medium-low and simmer until tender, about 25 minutes; drain.
- ☐ Transfer turnips to a bowl and mash with a potato masher or fork.
- ☐ Melt 3 tablespoons butter in a frying pan over medium-low heat; cook and stir bread crumbs in the melted butter until butter is absorbed, 2 to 3 minutes.
- ☐ Remove from heat.
- ☐ Stir 2 tablespoons butter, egg yolks, brown sugar, baking powder, salt, black pepper, and mace into mashed turnips. Beat egg whites in a metal or glass bowl using an electric mixer until fluffy; fold into turnip mixture.
- ☐ Pour turnip mixture into the prepared casserole dish; sprinkle with bread crumb mixture.
- ☐ Bake in the preheated oven until souffle is puffed up and set in the middle, about 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 11.9%**  **FAT 51.05%**  **CARBS 37.05%**

Properties

Glycemic Index:30.88, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:7.4747826534769%

Nutrients (% of daily need)

Calories: 161.82kcal (8.09%), Fat: 9.34g (14.38%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 12.9g (4.69%), Sugar: 6.45g (7.17%), Cholesterol: 61.53mg (20.51%), Sodium: 408.98mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin C: 23.94mg (29.02%), Manganese: 0.22mg (11.11%), Selenium: 7.29µg (10.42%), Vitamin B2: 0.17mg (9.74%), Fiber: 2.36g (9.44%), Vitamin B3: 1.86mg (9.31%), Phosphorus: 92.9mg (9.29%), Vitamin B1: 0.14mg (9.11%), Potassium: 311.77mg (8.91%), Calcium: 86.7mg (8.67%), Vitamin B6: 0.17mg (8.31%), Folate: 32.7µg (8.18%), Copper: 0.16mg (7.78%), Iron: 1.05mg (5.86%), Vitamin A: 280.28IU (5.61%), Magnesium: 19.58mg (4.9%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.64mg (4.26%), Vitamin E: 0.38mg (2.51%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.38µg (1.31%)