



Glazed Hakurei Turnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 10 servings kosher salt
- ☐ 2 pounds radishes red trimmed
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted ()

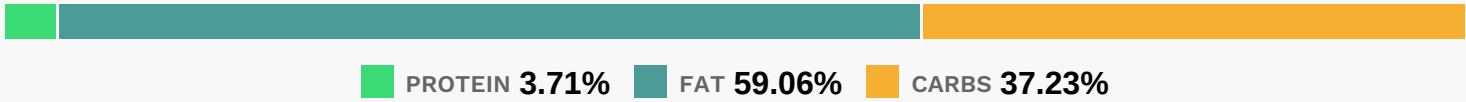
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Place turnips in a large skillet; add water to cover turnips halfway.
- ☐ Add butter, sugar, and a large pinch of salt; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (if turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.) DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature. Rewarm before continuing.
- ☐ Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2–3 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:3.04, Inflammation Score:-3, Nutrition Score:2.8430434970752%

Flavonoids

Pelargonidin: 57.27mg, Pelargonidin: 57.27mg, Pelargonidin: 57.27mg, Pelargonidin: 57.27mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg

Nutrients (% of daily need)

Calories: 69.06kcal (3.45%), Fat: 4.71g (7.24%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.22g (1.9%), Sugar: 5.28g (5.87%), Cholesterol: 12.2mg (4.07%), Sodium: 229.83mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin C: 13.43mg (16.27%), Potassium: 212.85mg (6.08%), Fiber: 1.45g (5.81%), Folate: 22.85µg (5.71%), Vitamin B6: 0.06mg (3.23%), Manganese: 0.06mg (3.17%), Vitamin A: 148.17IU (2.96%), Calcium: 24.2mg (2.42%), Copper: 0.05mg (2.33%), Magnesium: 9.19mg (2.3%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 19.51mg (1.95%), Iron: 0.31mg (1.74%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.16mg (1.56%), Vitamin K: 1.58µg (1.5%), Vitamin B3: 0.23mg (1.16%)