



Glazed Poppy Seed Turnips

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon honey
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 tablespoon poppy seeds
- 4 teaspoons red wine vinegar
- 2 pounds turnip peeled cut into 1-inch wedges
- 2 tablespoons butter unsalted cut into small pieces ()

1 cup water

Equipment

bowl

whisk

pot

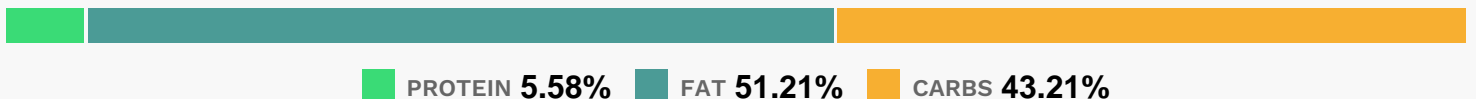
dutch oven

Directions

Arrange turnips in a single layer in a 5-quart Dutch oven or a large, heavy-bottomed pot. Dot butter over top, add water, and bring to a boil over high heat. Reduce heat to medium and simmer uncovered, stirring rarely, until all the water has evaporated, about 20 minutes. Meanwhile, combine vinegar, honey, poppy seeds, salt, and pepper in a small, nonreactive bowl. While constantly whisking, add oil in a thin stream until fully incorporated; set aside. Increase heat to high and cook turnips, stirring rarely, until fork tender and browned (they should be cooked through but still retain their shape), about 5 minutes.

Remove from heat, add vinaigrette to the pot, stir to combine, taste, and add more salt and freshly ground black pepper as desired.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:6.3691304287185%

Nutrients (% of daily need)

Calories: 115.78kcal (5.79%), Fat: 6.9g (10.61%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 10.05g (3.65%), Sugar: 8.67g (9.63%), Cholesterol: 10.03mg (3.34%), Sodium: 395.33mg (17.19%), Alcohol: 0g (100%), Protein: 1.69g (3.38%), Vitamin C: 31.8mg (38.55%), Manganese: 0.32mg (15.96%), Fiber: 3.04g (12.17%), Potassium: 305mg (8.71%), Copper: 0.16mg (8.15%), Vitamin B6: 0.14mg (7.05%), Calcium: 70.21mg (7.02%), Folate: 24.13µg (6.03%), Magnesium: 22.68mg (5.67%), Phosphorus: 55.53mg (5.55%), Vitamin B1: 0.07mg (4.91%), Zinc: 0.55mg (3.64%), Iron: 0.65mg (3.63%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.32mg (3.16%), Vitamin B3: 0.63mg (3.13%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 117.08IU (2.34%), Vitamin K: 2.02µg (1.92%), Selenium: 1.34µg (1.91%)