



Glazed Root Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

Ingredients

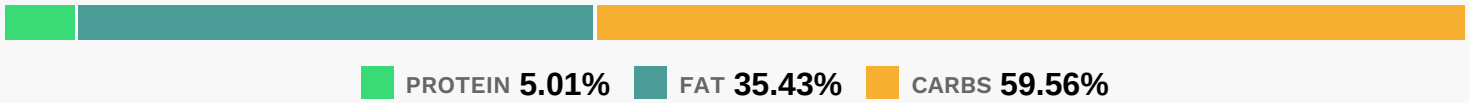
- ☐ 3 tablespoons butter
- ☐ 1 teaspoon coarse kosher salt plus additional for sprinkling
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 2 medium rutabagas peeled cut into 1/2-inch pieces
- ☐ 2 medium turnips peeled cut into 1/2-inch pieces
- ☐ 1.3 cups water

Equipment

Directions

- ☐
- Bring 1 1/4 cups water, honey, butter, and 1 teaspoon coarse salt to boil in medium saucepan over high heat.
- ☐
- Add rutabaga and return water to boil. Cook for 2 minutes; add turnips. Boil until water is reduced to glaze and vegetables are tender, stirring occasionally, about 7 minutes. Season with salt and pepper. Toss with parsley.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 46.55, Glycemic Load: 11.76, Inflammation Score: -5, Nutrition Score: 8.7043478003015%

Flavonoids

Apigenin: 7.83mg, Apigenin: 7.83mg, Apigenin: 7.83mg, Apigenin: 7.83mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg, Myricetin: 2.94mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 141.58kcal (7.08%), Fat: 5.93g (9.13%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 18.69g (6.8%), Sugar: 15.92g (17.69%), Cholesterol: 15.05mg (5.02%), Sodium: 478.91mg (20.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 42.53mg (51.55%), Vitamin K: 22.78µg (21.7%), Fiber: 3.76g (15.03%), Potassium: 484.71mg (13.85%), Manganese: 0.23mg (11.73%), Vitamin B1: 0.13mg (8.9%), Folate: 35.57µg (8.89%), Vitamin B6: 0.17mg (8.46%), Phosphorus: 82.05mg (8.2%), Magnesium: 31.73mg (7.93%), Calcium: 73.4mg (7.34%), Vitamin A: 289.82IU (5.8%), Vitamin B3: 1.1mg (5.48%), Iron: 0.82mg (4.55%), Copper: 0.09mg (4.48%), Vitamin B2: 0.07mg (4.2%), Vitamin E: 0.57mg (3.8%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.31mg (3.07%), Selenium: 1.34µg (1.92%)