



Glazed Rutabaga



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 5 tablespoons butter divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 large rutabaga peeled cut into 1-inch pieces
- ☐ 1 pinch salt
- ☐ 0.3 cup water

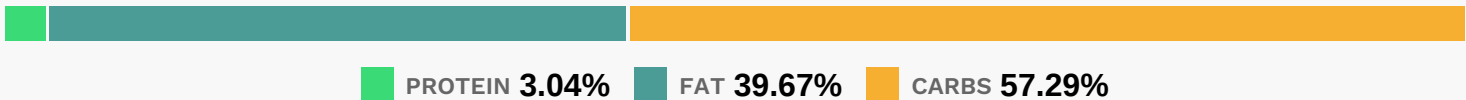
Equipment

☐ frying pan

Directions

- ☐ Bring 1/4 cup water and 2 tablespoons butter to a boil in a large skillet over medium-high heat.
- ☐ Add rutabaga, stirring to coat. Reduce heat; cover and simmer 20 minutes or until slightly tender.
- ☐ Drain.
- ☐ Melt remaining 3 tablespoons butter in skillet over medium heat; stir in brown sugar and next 4 ingredients.
- ☐ Add rutabaga, stirring to coat. Cook, stirring often, 8 minutes.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:6.97, Inflammation Score:-6, Nutrition Score:7.4539130122765%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 2.75mg, Myricetin: 2.75mg, Myricetin: 2.75mg, Myricetin: 2.75mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 211.06kcal (10.55%), Fat: 9.67g (14.88%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 28.38g (10.32%), Sugar: 25.28g (28.09%), Cholesterol: 0mg (0%), Sodium: 137.77mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 42.75mg (51.82%), Potassium: 463.7mg (13.25%), Fiber: 3.04g (12.14%), Manganese: 0.19mg (9.28%), Vitamin A: 462.01IU (9.24%), Vitamin B1: 0.14mg (9.07%), Folate: 33.63µg (8.41%), Calcium: 77.04mg (7.7%), Magnesium: 30.29mg (7.57%), Phosphorus: 75.34mg (7.53%), Vitamin B6: 0.15mg (7.3%), Vitamin B3: 1.01mg (5.04%), Vitamin E: 0.76mg (5.04%), Iron: 0.74mg (4.12%), Vitamin B2: 0.06mg (3.66%), Copper: 0.06mg (3.07%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.33mg (2.19%),

Selenium: 1.14µg (1.63%)