



Glazed Turnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 leaf garnish: flat parsley fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 lb turnips small to medium (2-inch)
- ☐ 1.5 cups water

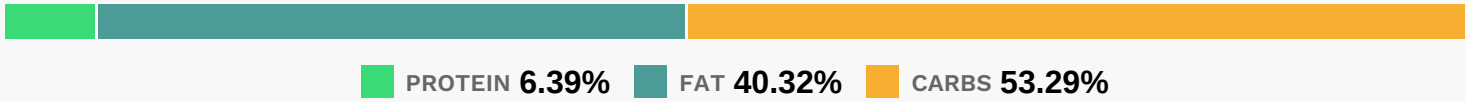
Equipment

- ☐ frying pan

Directions

- ☐ Peel turnips, then halve horizontally and quarter halves. Arrange turnips in 1 layer in a 12-inch heavy skillet and add enough water (about 1 1/2 cups) to reach halfway up turnips.
- ☐ Add butter, sugar, and salt and boil over moderately high heat, covered, stirring occasionally, 10 minutes. Boil turnips, uncovered, stirring, until tender and water has evaporated, about 8 minutes.
- ☐ Sauté turnips over moderately high heat, stirring, until golden brown, about 5 minutes more.
- ☐ Add 3 tablespoons water and stir to coat turnips with glaze.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:9.76, Inflammation Score:-4, Nutrition Score:8.3417392379564%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 125.33kcal (6.27%), Fat: 5.92g (9.1%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 13.5g (4.91%), Sugar: 11.62g (12.91%), Cholesterol: 15.05mg (5.02%), Sodium: 492.25mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 47.96mg (58.13%), Fiber: 4.09g (16.36%), Manganese: 0.31mg (15.26%), Potassium: 436.37mg (12.47%), Copper: 0.21mg (10.39%), Vitamin B6: 0.2mg (10.23%), Folate: 34.61µg (8.65%), Calcium: 72.94mg (7.29%), Magnesium: 26.11mg (6.53%), Phosphorus: 63.06mg (6.31%), Vitamin B1: 0.09mg (6.09%), Vitamin B5: 0.46mg (4.62%), Vitamin K: 4.82µg (4.59%), Vitamin B3: 0.91mg (4.57%), Zinc: 0.63mg (4.21%), Vitamin B2: 0.07mg (4.19%), Vitamin A: 195.99IU (3.92%), Iron: 0.7mg (3.9%), Selenium: 1.68µg (2.4%), Vitamin E: 0.23mg (1.55%)