



Glazed Turnips and Parsnips



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 2 tablespoons butter
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.8 cup evaporated cane juice
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 pound parsnips peeled cut into 1/2-inch slices
- ☐ 1.5 cups pearl onions frozen

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 pounds turnip peeled cut into 1/2-inch-thick wedges
- ☐ 0.5 cup vegetable stock
- ☐ 3 tablespoons vinegar divided

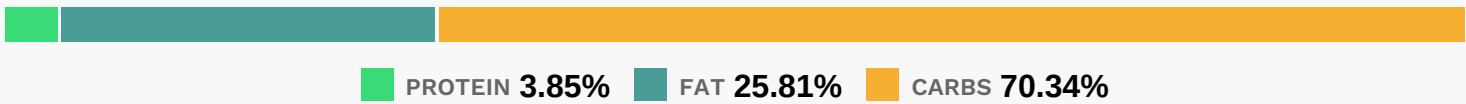
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring first 4 ingredients, 1 Tbsp. vinegar, and water to cover to a boil in a Dutch oven. Cook, stirring occasionally, 12 to 15 minutes or until vegetables are just tender; drain.
- ☐ Cook butter and next 4 ingredients in a large skillet over medium heat, stirring constantly, 1 minute or until butter melts and spices are fragrant.
- ☐ Add turnip mixture; saut 8 to 10 minutes or until lightly browned and tender. Discard bay leaf and cinnamon.
- ☐ Stir in cane syrup, broth, and remaining 2 Tbsp. vinegar, and cook, stirring often, 8 to 10 minutes or until mixture is slightly thickened and vegetables are coated.
- ☐ Add salt to taste.
- ☐ *Apple cider may be substituted.
- ☐ Note: We tested with Steen's Pure Louisiana Cane Vinegar.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:8.7, Inflammation Score:-5, Nutrition Score:10.262608708571%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 213.6kcal (10.68%), Fat: 6.68g (10.28%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 35.14g (12.78%), Sugar: 27.8g (30.89%), Cholesterol: 7.53mg (2.51%), Sodium: 747.31mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin C: 36.76mg (44.56%), Manganese: 0.61mg (30.5%), Fiber: 5.83g (23.32%), Folate: 63.6µg (15.9%), Vitamin K: 15.6µg (14.86%), Potassium: 504.45mg (14.41%), Vitamin B6: 0.21mg (10.43%), Vitamin E: 1.51mg (10.05%), Copper: 0.18mg (9.23%), Phosphorus: 85.3mg (8.53%), Magnesium: 33.87mg (8.47%), Vitamin B1: 0.12mg (7.81%), Calcium: 70.92mg (7.09%), Vitamin B5: 0.63mg (6.28%), Zinc: 0.73mg (4.88%), Iron: 0.85mg (4.71%), Vitamin B3: 0.92mg (4.58%), Vitamin B2: 0.08mg (4.49%), Selenium: 2.13µg (3.04%), Vitamin A: 140.23IU (2.8%)