



Glazed Turnips with Chives



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons brown sugar
- 4 teaspoons chives fresh chopped
- 0.3 teaspoon salt
- 1 teaspoon stick margarine
- 4 cups julienne-cut turnips (3-inch) ()
- 1 tablespoon water

Equipment

frying pan

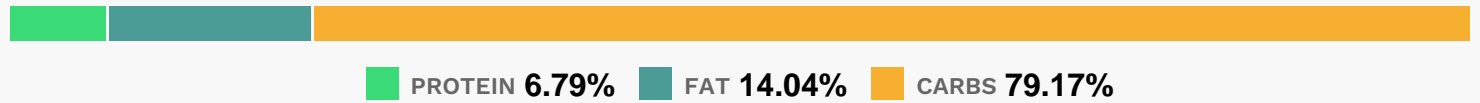
Directions

Melt butter in a nonstick skillet over medium heat.

Add turnips, water, salt, and pepper; toss to combine. Cover and cook 5 minutes or until turnips are crisp-tender; stir in sugar. Increase temperature to medium-high; cook, uncovered, 10 minutes or until golden brown; stir mixture occasionally.

Sprinkle turnips with chives.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:4.42, Inflammation Score:-3, Nutrition Score:4.8873912648338%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 68.67kcal (3.43%), Fat: 1.13g (1.74%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 11.98g (4.36%), Sugar: 10.78g (11.98%), Cholesterol: 0mg (0%), Sodium: 245.98mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin C: 27.88mg (33.8%), Manganese: 0.2mg (9.9%), Fiber: 2.4g (9.59%), Potassium: 261.45mg (7.47%), Vitamin B6: 0.12mg (6.07%), Copper: 0.12mg (5.86%), Folate: 20.64µg (5.16%), Calcium: 46.03mg (4.6%), Magnesium: 15.55mg (3.89%), Phosphorus: 36.4mg (3.64%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.27mg (2.74%), Vitamin B3: 0.53mg (2.67%), Iron: 0.46mg (2.57%), Zinc: 0.36mg (2.4%), Vitamin B2: 0.04mg (2.4%), Vitamin K: 2.46µg (2.35%), Vitamin A: 88.29IU (1.77%), Selenium: 1µg (1.43%)