



## Glazed Turnips with Scallions and Parsley

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

### Ingredients

- 2 tablespoons parsley fresh finely chopped
- 10.5 cups chicken broth low-sodium
- 0.3 teaspoon salt
- 2 spring onion finely chopped
- 2 teaspoons sugar
- 3 pound turnip 1-inch-thick peeled cut into wedges
- 0.3 cup butter unsalted

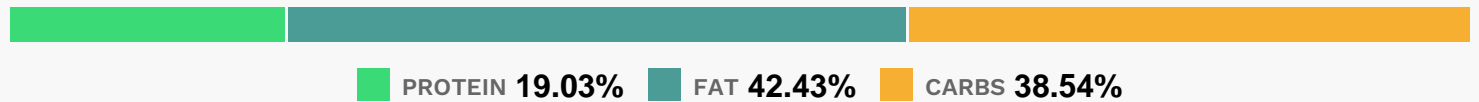
### Equipment

pot

## Directions

- Melt butter in a wide 5-quart heavy pot over moderate heat, then add turnips, stirring until well coated.
- Add broth, sugar, and salt and bring to a boil, then reduce heat and simmer, covered, until turnips are just tender, 25 to 30 minutes.
- Continue to boil turnips, uncovered, stirring occasionally, until liquid is reduced enough to just glaze turnips, about 15 minutes.
- Sprinkle with scallions and parsley.

## Nutrition Facts



## Properties

Glycemic Index:20.71, Glycemic Load:5.2, Inflammation Score:-4, Nutrition Score:8.2773913326471%

## Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 122.58kcal (6.13%), Fat: 6.24g (9.6%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 10.21g (3.71%), Sugar: 6.36g (7.06%), Cholesterol: 12.2mg (4.07%), Sodium: 225.11mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.59%), Vitamin C: 30.09mg (36.47%), Vitamin B3: 3.96mg (19.82%), Vitamin K: 18.62µg (17.73%), Potassium: 485.46mg (13.87%), Copper: 0.25mg (12.31%), Phosphorus: 113.79mg (11.38%), Fiber: 2.54g (10.15%), Manganese: 0.19mg (9.39%), Vitamin B6: 0.15mg (7.48%), Vitamin B2: 0.12mg (7.06%), Folate: 23.33µg (5.83%), Iron: 1.02mg (5.64%), Calcium: 54.97mg (5.5%), Vitamin A: 233.14IU (4.66%), Magnesium: 18.44mg (4.61%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.64mg (4.26%), Vitamin B1: 0.06mg (3.78%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.03µg (1.47%), Vitamin E: 0.19mg (1.28%)