



Grama's Peppery Parsnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 servings ground pepper black to taste
- ☐ 1 pound parsnips peeled cut into narrow strips lengthwise cut in half crosswise, and
- ☐ 1 pinch salt

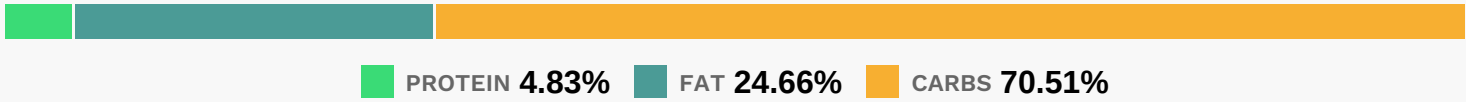
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place the parsnips into a saucepan, and cover with water. Bring to a boil, turn down the heat, and simmer until parsnips are tender, 15 to 20 minutes.
- ☐ Drain well, pat the parsnip pieces dry with paper towels, and set aside.
- ☐ Melt butter in a skillet over medium heat, and place the parsnips into the hot butter in an even layer.
- ☐ Sprinkle with salt and black pepper (I use quite a bit). Cook parsnips until lightly golden brown on both sides, 5 to 8 minutes per side.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:7.73, Inflammation Score:-4, Nutrition Score:9.2447826489806%

Flavonoids

Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 3.18g (4.9%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 14.88g (5.41%), Sugar: 5.45g (6.05%), Cholesterol: 7.53mg (2.51%), Sodium: 43.55mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.65mg (32.39%), Vitamin K: 25.92µg (24.69%), Vitamin C: 19.28mg (23.37%), Fiber: 5.58g (22.33%), Folate: 76.1µg (19.02%), Potassium: 427.41mg (12.21%), Vitamin E: 1.77mg (11.81%), Magnesium: 33.13mg (8.28%), Phosphorus: 81.51mg (8.15%), Copper: 0.14mg (6.87%), Vitamin B5: 0.69mg (6.86%), Vitamin B1: 0.1mg (6.82%), Vitamin B6: 0.1mg (5.12%), Zinc: 0.67mg (4.49%), Calcium: 42.11mg (4.21%), Vitamin B3: 0.8mg (3.98%), Iron: 0.68mg (3.78%), Vitamin B2: 0.06mg (3.42%), Selenium: 2.08µg (2.97%), Vitamin A: 88.01IU (1.76%)