



Japanese Turnips with Miso



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons mirin sweet (Japanese rice wine)
- ☐ 3 pounds japanese turnips with greens ()
- ☐ 3 tablespoons butter unsalted divided softened
- ☐ 1.3 cups water
- ☐ 3 tablespoons miso white

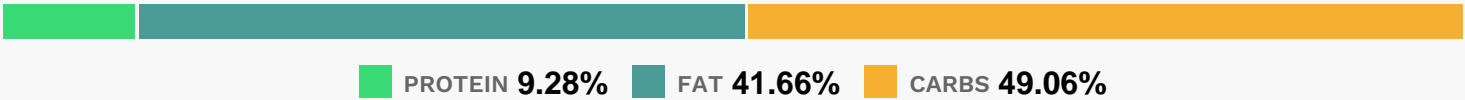
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Stir together miso and 2 tablespoon butter.
- ☐ Discard turnip stems and coarsely chop leaves. Halve turnips (leave whole if tiny) and put in a 12-inch heavy skillet along with water, mirin, remaining tablespoon butter, and 1/8 teaspoon salt. Bring to a boil over medium-high heat, then boil, covered, 10 minutes.
- ☐ Add greens by handfuls, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender and liquid is reduced to a glaze, about 5 minutes. Stir in miso butter and cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:13.05, Inflammation Score:-6, Nutrition Score:13.528260644363%

Nutrients (% of daily need)

Calories: 205.83kcal (10.29%), Fat: 9.62g (14.8%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 18.68g (6.79%), Sugar: 13.72g (15.25%), Cholesterol: 22.58mg (7.53%), Sodium: 708.75mg (30.82%), Alcohol: 1.21g (100%), Alcohol %: 0.34% (100%), Protein: 4.82g (9.64%), Vitamin C: 71.44mg (86.59%), Manganese: 0.57mg (28.29%), Fiber: 6.81g (27.25%), Potassium: 680.94mg (19.46%), Copper: 0.36mg (17.88%), Vitamin B6: 0.33mg (16.59%), Folate: 53.77µg (13.44%), Phosphorus: 115.09mg (11.51%), Calcium: 114.59mg (11.46%), Magnesium: 44.99mg (11.25%), Vitamin B1: 0.15mg (9.94%), Zinc: 1.26mg (8.43%), Vitamin B2: 0.14mg (7.96%), Iron: 1.35mg (7.49%), Vitamin B3: 1.48mg (7.4%), Vitamin B5: 0.73mg (7.35%), Vitamin A: 273.49IU (5.47%), Selenium: 3.48µg (4.98%), Vitamin K: 4.81µg (4.58%), Vitamin E: 0.35mg (2.31%), Vitamin D: 0.16µg (1.05%)