



Muriel's Turnip Casserole

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1.8 cups bread crumbs divided soft
- ☐ 4 teaspoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon salt
- ☐ 2 turnips diced peeled

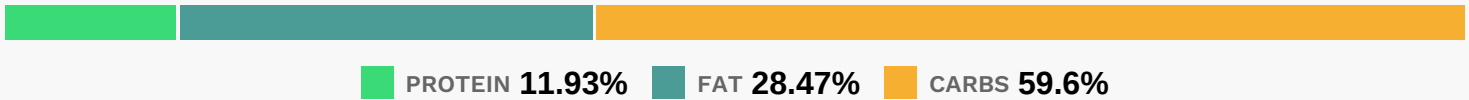
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole.
- ☐ Bring a pot of water to a boil and add turnips. Reduce heat to low, and simmer turnips until tender, about 15 minutes.
- ☐ Drain.
- ☐ Transfer turnips to a large bowl and mash with applesauce, 6 tablespoons softened butter, brown sugar, eggs, salt, black pepper, and half the bread crumbs. Spoon turnip mixture into the prepared casserole dish, and sprinkle with remaining half of bread crumbs.
- ☐ Drizzle with 2 tablespoons melted butter.
- ☐ Bake in the preheated oven until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:4.2586956386981%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 3.47g (5.33%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.02g (5.46%), Sugar: 4.98g (5.53%), Cholesterol: 32.3mg (10.77%), Sodium: 736.49mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin B1: 0.17mg (11.25%), Manganese: 0.19mg (9.34%), Selenium: 6.47µg (9.24%), Vitamin B2: 0.11mg (6.47%), Folate: 24.05µg (6.01%), Vitamin B3: 1.15mg (5.76%),

Iron: 1.02mg (5.64%), Vitamin C: 4.47mg (5.42%), Fiber: 1.31g (5.24%), Phosphorus: 47.69mg (4.77%), Calcium: 42.05mg (4.21%), Copper: 0.07mg (3.49%), Potassium: 97.88mg (2.8%), Vitamin B6: 0.06mg (2.8%), Magnesium: 10.75mg (2.69%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.25mg (2.53%), Vitamin A: 104.03IU (2.08%), Vitamin B12: 0.12µg (2.07%), Vitamin K: 1.41µg (1.35%), Vitamin E: 0.18mg (1.22%)