



Parsnip, Turnip, and Rutabaga Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 ounce bread
- 2 tablespoons brown sugar
- 1 cup carrots sliced ()
- 2 tablespoons parsley fresh chopped
- 2 tablespoons juice of lemon
- 10 servings cheese sauce
- 2 cups parsnips sliced ()
- 3 pounds rutabaga peeled halved cut into 1/4-inch-thick slices

- 0.3 teaspoon salt
- 1 tablespoon stick margarine melted
- 4 cups turnips cubed peeled () (1 pound)
- 2 teaspoons worcestershire sauce

Equipment

- food processor
- bowl
- baking sheet
- oven
- pot
- baking pan

Directions

- Cut each rutabaga slice into quarters.
- Combine rutabaga, turnips, parsnip, and carrot in an 8-quart stockpot; cover with water. Bring to a boil, and cook 30 minutes or until tender.
- Drain. Stir in sugar and next 4 ingredients (sugar through pepper). Spoon vegetable mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Spread Cheese Sauce over vegetable mixture.
- Preheat oven to 35
- Place bread in a food processor; pulse 10 times or until crumbly to measure 1 cup.
- Sprinkle crumbs on a baking sheet; bake at 350 for 5 minutes or until golden.
- Combine breadcrumbs and butter in a small bowl; sprinkle over sauce.
- Bake at 350 for 25 minutes or until bubbly.
- Let stand 10 minutes.
- Sprinkle with parsley.

Nutrition Facts



■ PROTEIN 8.95% ■ FAT 13.24% ■ CARBS 77.81%

Properties

Glycemic Index:36.65, Glycemic Load:11.63, Inflammation Score:-9, Nutrition Score:14.086521812917%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 6.96mg, Apigenin: 6.96mg, Apigenin: 6.96mg, Apigenin: 6.96mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 3.02mg, Myricetin: 3.02mg, Myricetin: 3.02mg, Myricetin: 3.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 129.35kcal (6.47%), Fat: 2.02g (3.11%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 20.73g (7.54%), Sugar: 12.82g (14.25%), Cholesterol: 0.09mg (0.03%), Sodium: 186.53mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin C: 52.61mg (63.77%), Vitamin A: 2268.25IU (45.36%), Manganese: 0.49mg (24.62%), Fiber: 6g (24.01%), Vitamin K: 21.63µg (20.6%), Potassium: 684.67mg (19.56%), Folate: 63.41µg (15.85%), Vitamin B1: 0.2mg (13.43%), Phosphorus: 118.78mg (11.88%), Vitamin B6: 0.23mg (11.71%), Magnesium: 45.59mg (11.4%), Calcium: 100.98mg (10.1%), Vitamin B3: 1.81mg (9.07%), Iron: 1.29mg (7.18%), Copper: 0.14mg (6.99%), Vitamin E: 0.97mg (6.49%), Vitamin B2: 0.11mg (6.38%), Vitamin B5: 0.57mg (5.75%), Selenium: 3.48µg (4.97%), Zinc: 0.73mg (4.85%)