



## Patricia's Parsnips

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**357 kcal**

**SIDE DISH**

### Ingredients

- 0.3 cup olive oil
- 1 small onion chopped
- 1 pound parsnips peeled sliced
- 0.5 cup pecans chopped
- 1 tablespoon sugar raw
- 0.5 pound at least of turkey bacon low-sodium chopped
- 2 tablespoons distilled vinegar white

### Equipment

frying pan

## Directions

- Heat the olive oil in a large skillet over medium heat. Cook and stir the turkey bacon in the hot oil until almost crisp.
- Add the parsnips, onion, and chopped pecans. Cook and stir until the parsnips are almost tender, about 10 minutes. Stir in the sugar and vinegar; continue to cook until the parsnips are tender, 3 to 4 minutes more.

## Nutrition Facts

 **PROTEIN 14.28%**  **FAT 64.8%**  **CARBS 20.92%**

## Properties

Glycemic Index:23.17, Glycemic Load:5.43, Inflammation Score:-4, Nutrition Score:12.701304232945%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Nutrients (% of daily need)

Calories: 357.03kcal (17.85%), Fat: 26.32g (40.5%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 14.35g (5.22%), Sugar: 6.47g (7.19%), Cholesterol: 37.04mg (12.35%), Sodium: 872.09mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.11%), Manganese: 0.85mg (42.55%), Phosphorus: 256.33mg (25.63%), Vitamin K: 25.48µg (24.26%), Vitamin E: 2.94mg (19.61%), Fiber: 4.77g (19.1%), Vitamin C: 13.81mg (16.75%), Selenium: 11.54µg (16.49%), Folate: 58.27µg (14.57%), Potassium: 487.85mg (13.94%), Zinc: 2.02mg (13.49%), Copper: 0.26mg (13.07%), Magnesium: 45.14mg (11.28%), Vitamin B6: 0.22mg (11.1%), Vitamin B1: 0.16mg (10.4%), Vitamin B3: 1.98mg (9.92%), Iron: 1.56mg (8.65%), Vitamin B2: 0.14mg (8.44%), Vitamin B5: 0.55mg (5.46%), Calcium: 40.31mg (4.03%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.15µg (1.01%)