

 1%
HEALTH SCORE

Patty's Mashed Turnips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



71 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 10 servings pepper black to taste
- 1 cup milk
- 10 servings salt to taste
- 7 large turnip

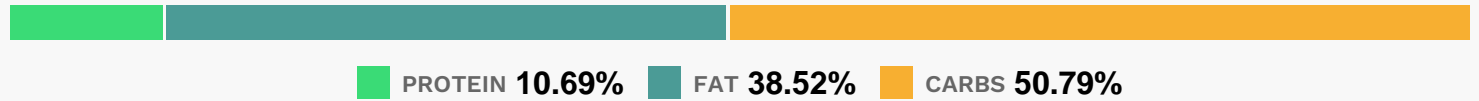
Equipment

- mixing bowl

Directions

- Peel, wash, and quarter turnips.
- Boil 35–45 minutes or until tender. Strain and rinse cooked turnips.
- Place in large mixing bowl and use fork to break up turnips into smaller bits.
- Add milk and butter. Blend to desired consistency.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:4.78, Inflammation Score:-3, Nutrition Score:5.3534782969433%

Nutrients (% of daily need)

Calories: 70.83kcal (3.54%), Fat: 3.18g (4.9%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.04g (6.72%), Cholesterol: 8.95mg (2.98%), Sodium: 306.91mg (13.34%), Alcohol: 0g (100%), Protein: 1.99g (3.97%), Vitamin C: 26.9mg (32.61%), Fiber: 2.33g (9.32%), Manganese: 0.19mg (9.29%), Potassium: 283.31mg (8.09%), Calcium: 69.68mg (6.97%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 60.06mg (6.01%), Copper: 0.11mg (5.53%), Folate: 19.32µg (4.83%), Vitamin B1: 0.07mg (4.34%), Magnesium: 17.25mg (4.31%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.35mg (3.52%), Zinc: 0.45mg (3%), Vitamin B3: 0.54mg (2.7%), Vitamin B12: 0.14µg (2.28%), Vitamin A: 110.05IU (2.2%), Iron: 0.4mg (2.2%), Selenium: 1.39µg (1.99%), Vitamin D: 0.27µg (1.79%)