

Roasted Turnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 tablespoon paprika
- ☐ 2 tablespoons poppy seeds
- ☐ 4 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 2 pounds turnips cleaned quartered

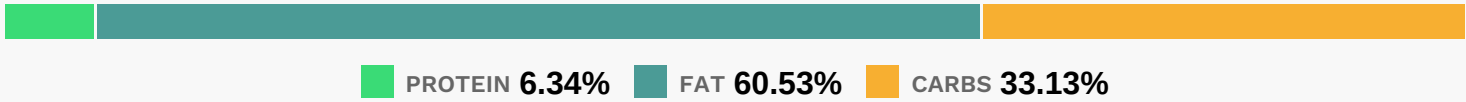
Equipment

- ☐ frying pan

Directions

- ☐ Season turnips with salt and pepper. In a large ovenproof saute pan, heat butter until starting to brown.
- ☐ Add turnips and toss to coat well.
- ☐ Add poppy seeds and saute until light golden brown, about 8 to 9 minutes.
- ☐ Add paprika and toss to coat.
- ☐ Add vinegar and cook until evaporated, 4 to 5 minutes, remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:8.0682608407477%

Nutrients (% of daily need)

Calories: 130.2kcal (6.51%), Fat: 9.12g (14.03%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 7.51g (2.73%), Sugar: 5.96g (6.62%), Cholesterol: 20.07mg (6.69%), Sodium: 357.48mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 31.84mg (38.6%), Manganese: 0.43mg (21.37%), Vitamin A: 807.87IU (16.16%), Fiber: 3.71g (14.85%), Potassium: 343.14mg (9.8%), Calcium: 94.13mg (9.41%), Copper: 0.19mg (9.34%), Vitamin B6: 0.17mg (8.44%), Magnesium: 29.71mg (7.43%), Phosphorus: 73.63mg (7.36%), Folate: 25.99µg (6.5%), Vitamin B1: 0.09mg (6.03%), Iron: 1.04mg (5.79%), Zinc: 0.71mg (4.72%), Vitamin E: 0.65mg (4.36%), Vitamin B2: 0.07mg (3.88%), Vitamin B3: 0.75mg (3.76%), Vitamin B5: 0.35mg (3.52%), Selenium: 1.63µg (2.33%), Vitamin K: 1.74µg (1.66%)