



Roasted Turnips With Honey Butter

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 0.3 cup parsley fresh chopped
- 3 tablespoons honey
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 pounds turnips cubed peeled

Equipment

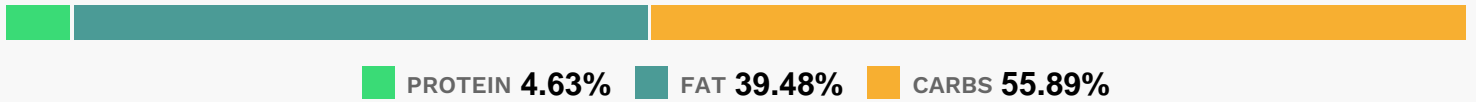
- bowl

- baking sheet
- oven
- aluminum foil
- microwave
- measuring cup

Directions

- Preheat oven to 400
- Place butter and honey in a glass measuring cup. Microwave at HIGH 40 to 45 seconds or until melted. Stir until blended.
- Place turnips on an aluminum foil-lined baking sheet; sprinkle with salt and pepper.
- Drizzle with butter mixture, tossing to coat.
- Bake at 400 for 30 to 35 minutes or until golden brown.
- Transfer turnips to a serving bowl; pour any accumulated liquid over turnips. Toss turnips with parsley.

Nutrition Facts



Properties

Glycemic Index:59.82, Glycemic Load:14.5, Inflammation Score:-6, Nutrition Score:11.857826173306%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.65kcal (9.43%), Fat: 8.78g (13.51%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 23.66g (8.6%), Sugar: 21.59g (23.99%), Cholesterol: 22.58mg (7.53%), Sodium: 803.62mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin C: 52.69mg (63.87%), Vitamin K: 62.87µg (59.88%), Manganese: 0.36mg (17.79%), Fiber: 4.3g (17.2%), Potassium: 468.11mg (13.37%), Vitamin A: 579.66IU (11.59%), Vitamin B6: 0.21mg (10.62%), Copper: 0.21mg (10.39%), Folate: 40.39µg (10.1%), Calcium:

78.15mg (7.81%), Magnesium: 27.79mg (6.95%), Phosphorus: 66.96mg (6.7%), Vitamin B1: 0.09mg (6.32%), Iron: 1.01mg (5.61%), Vitamin B5: 0.49mg (4.94%), Vitamin B3: 0.98mg (4.91%), Vitamin B2: 0.08mg (4.81%), Zinc: 0.7mg (4.67%), Selenium: 1.84µg (2.62%), Vitamin E: 0.34mg (2.28%)