



## Rutabaga-and-Potato Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons breadcrumbs dry
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh finely chopped
- 0.3 cup cream cheese light softened
- 0.3 teaspoon pepper
- 1.3 pounds potatoes red peeled cut into 4 x 1/4-inch sticks
- 1.3 pounds rutabaga peeled cut into 4 x 1/4-inch sticks
- 0.8 teaspoon salt
- 1.5 cups skim milk

- 1 tablespoon worcestershire sauce

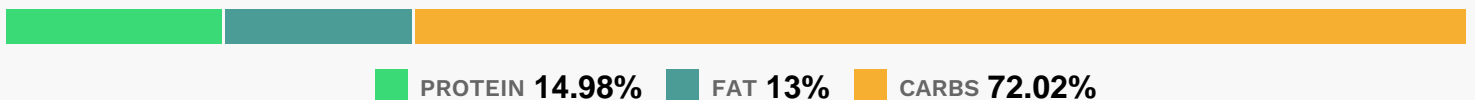
## Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- dutch oven

## Directions

- Bring 4 quarts water to a boil in a large Dutch oven.
- Add rutabaga; return to a boil, and cook for 3 minutes.
- Add potatoes; return to a boil, and cook 1 minute.
- Drain well, and return to pan; set aside.
- Place flour, salt, and pepper in a medium saucepan. Gradually add skim milk, stirring with a wire whisk until blended. Bring to a boil over medium-high heat, and cook 1 minute or until thickened, stirring constantly.
- Remove from heat, and add the cream cheese and Worcestershire sauce, stirring constantly until cream cheese melts.
- Pour over rutabaga and potatoes; toss gently to coat.
- Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. Cover and bake at 350 for 45 minutes.
- Sprinkle breadcrumbs and parsley over casserole, and bake, uncovered, an additional 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.71, Glycemic Load:6.7, Inflammation Score:-6, Nutrition Score:13.120000113612%

## Flavonoids

Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 173.88kcal (8.69%), Fat: 2.59g (3.98%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 28.18g (10.25%), Sugar: 9.81g (10.9%), Cholesterol: 9.04mg (3.01%), Sodium: 454.06mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.41%), Vitamin C: 33.89mg (41.08%), Potassium: 893.84mg (25.54%), Vitamin K: 25.43µg (24.22%), Phosphorus: 204.34mg (20.43%), Vitamin B1: 0.26mg (17.09%), Calcium: 162.56mg (16.26%), Fiber: 4.06g (16.25%), Manganese: 0.32mg (16.08%), Vitamin B6: 0.3mg (15.16%), Magnesium: 51.27mg (12.82%), Folate: 51.02µg (12.76%), Vitamin B2: 0.2mg (11.94%), Vitamin B3: 2.24mg (11.22%), Copper: 0.18mg (9.17%), Iron: 1.65mg (9.16%), Vitamin B12: 0.49µg (8.16%), Vitamin B5: 0.78mg (7.82%), Selenium: 4.6µg (6.57%), Zinc: 0.98mg (6.52%), Vitamin A: 322.07IU (6.44%), Vitamin D: 0.71µg (4.76%), Vitamin E: 0.35mg (2.31%)