



WHATSheATE



Rutabaga Homefries with Chilies, Mint & Maple



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients



3 tablespoon mint leaves fresh



4 clove garlic thinly sliced



1 pinch kosher salt to taste



3 tablespoon maple syrup



0.3 cup olive oil



1 teaspoon pepper flakes red crushed



3 tablespoon red wine vinegar



3 pound rutabaga peeled cut into 3/4-inch dice

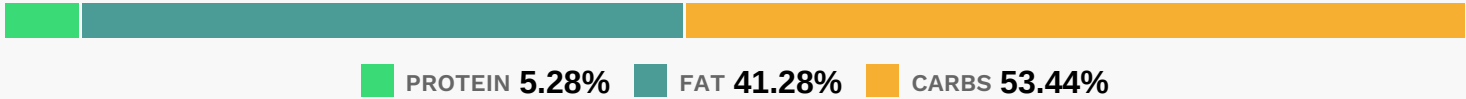
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a large saute pan set over medium heat, until very hot and nearly smoking.
- ☐ Add the rutabaga dice, and cook stirring often, until golden brown on all sides, about 10 minutes.
- ☐ Add the garlic, red pepper flakes, vinegar and maple syrup. Bring to a boil. Cook, stirring occasionally until the liquid is reduced to a syrup, about 1 minute. Season with salt.
- ☐ Remove from heat, toss with mint and serve.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:9.72, Inflammation Score:-5, Nutrition Score:9.4908694391665%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 6.66mg, Apigenin: 6.66mg, Apigenin: 6.66mg, Apigenin: 6.66mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 3.65mg, Myricetin: 3.65mg, Myricetin: 3.65mg, Myricetin: 3.65mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 148.18kcal (7.41%), Fat: 7.08g (10.9%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 16.45g (5.98%), Sugar: 12.11g (13.46%), Cholesterol: 0mg (0%), Sodium: 31.45mg (1.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin C: 43.62mg (52.87%), Manganese: 0.45mg (22.47%), Fiber: 4.18g (16.72%), Potassium: 559.49mg (15.99%), Vitamin B1: 0.16mg (10.88%), Vitamin E: 1.58mg (10.53%), Vitamin B2: 0.17mg (10.13%), Vitamin B6: 0.2mg (9.82%), Magnesium: 38.07mg (9.52%), Phosphorus: 95.02mg (9.5%), Folate: 37.97µg (9.49%), Calcium: 89.82mg (8.98%), Vitamin B3: 1.27mg (6.34%), Iron: 0.98mg (5.47%), Vitamin K: 4.86µg (4.63%), Zinc: 0.51mg (3.41%), Copper: 0.07mg (3.41%), Vitamin A: 157.31IU (3.15%), Vitamin B5: 0.29mg (2.9%), Selenium: 1.45µg (2.08%)