



Rutabaga with Mustard and Scallions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- 2 teaspoons ginger freshly grated (from a 3-inch piece)
- 3 tablespoons vegetable oil; peanut oil preferred
- 2 pounds rutabaga peeled sliced quartered
- 0.3 cup spring onion light white green minced (and parts only)
- 2 tablespoons mustard seeds yellow

Equipment

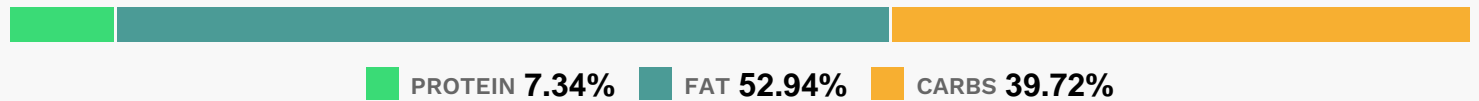
- frying pan
- sauce pan

knife

Directions

- Bring a large saucepan of heavily salted water to a boil over high heat.
- Add the rutabaga and cook until it just gives way when pierced with a knife, about 5 minutes.
- Drain and set aside.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the mustard seeds and ginger and cook until the ginger starts to brown and the mustard seeds begin to pop, about 1 minute.
- Add the reserved rutabaga and cook, tossing occasionally, until slightly browned and crisp, about 7 minutes.
- Remove from the heat, stir in the scallions, season with salt, and serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:10.44, Inflammation Score:-6, Nutrition Score:13.936521784119%

Flavonoids

Apigenin: 8.73mg, Apigenin: 8.73mg, Apigenin: 8.73mg, Apigenin: 8.73mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 207.47kcal (10.37%), Fat: 12.88g (19.81%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 15.66g (5.7%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 29.06mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Vitamin C: 58.31mg (70.68%), Fiber: 6.07g (24.28%), Manganese: 0.44mg (22.2%), Potassium: 753.72mg (21.53%), Selenium: 13.08µg (18.68%), Vitamin E: 2.64mg (17.63%), Magnesium: 67.39mg (16.85%), Phosphorus: 168.39mg (16.84%), Vitamin B1: 0.25mg (16.81%), Folate: 60.65µg (15.16%), Vitamin K: 13.99µg (13.32%), Vitamin B6: 0.25mg (12.7%), Calcium: 116.81mg (11.68%), Vitamin B3: 1.89mg (9.44%), Iron: 1.61mg (8.92%), Vitamin B2: 0.11mg (6.49%), Zinc: 0.91mg (6.05%), Copper: 0.12mg (5.77%), Vitamin B5: 0.41mg (4.14%), Vitamin A: 68.55IU (1.37%)