



WHATSheATE



Sauteed Turnips and Parsnips with Rosemary



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons olive oil
- ☐ 3 medium parsnips cored peeled cut into 1/3-inch dice ()
- ☐ 4 medium shallots cut lengthwise into sixths ()
- ☐ 3 medium turnips peeled cut into 1/3-inch dice ()
- ☐ 2 tablespoons butter unsalted

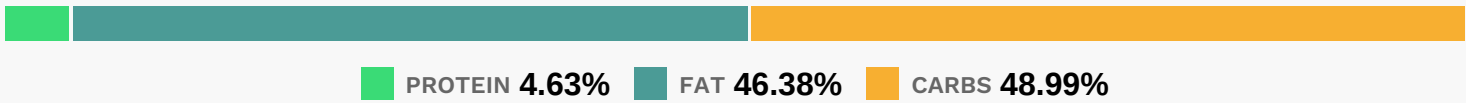
Equipment

☐ frying pan

Directions

- ☐ Heat oil and butter in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook turnips, stirring occasionally, until crisp-tender, about 5 minutes.
- ☐ Add parsnips and shallots and cook, stirring occasionally, until golden brown and almost tender, about 10 minutes.
- ☐ Add garlic, rosemary, and salt and pepper to taste and cook, stirring, until vegetables are tender, about 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:8.06, Inflammation Score:-4, Nutrition Score:9.6965218043846%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 162.69kcal (8.13%), Fat: 8.77g (13.49%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 15.39g (5.6%), Sugar: 7.36g (8.17%), Cholesterol: 10.03mg (3.34%), Sodium: 51.32mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 27.48mg (33.31%), Manganese: 0.57mg (28.66%), Fiber: 5.44g (21.77%), Vitamin K: 20.78µg (19.79%), Folate: 66.91µg (16.73%), Potassium: 466.08mg (13.32%), Vitamin E: 1.96mg (13.07%), Vitamin B6: 0.19mg (9.43%), Phosphorus: 83.39mg (8.34%), Magnesium: 32.92mg (8.23%), Copper: 0.16mg (8.09%), Vitamin B1: 0.11mg (7.03%), Vitamin B5: 0.64mg (6.44%), Calcium: 54.49mg (5.45%), Iron: 0.88mg (4.87%), Zinc: 0.7mg (4.66%), Vitamin B3: 0.83mg (4.13%), Vitamin B2: 0.06mg (3.68%), Selenium: 2.14µg (3.06%), Vitamin A: 117.82IU (2.36%)