



Scalloped Turnips



Vegetarian



Popular

READY IN



95 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 Tbsp butter
- ☐ 0.5 cup onions thinly sliced
- ☐ 4 cups turnips peeled thinly sliced
- ☐ 2 Tbsp flour
- ☐ 1 teaspoon salt
- ☐ 6 servings pepper black freshly ground
- ☐ 0.8 cup milk
- ☐ 0.3 cup cup heavy whipping cream

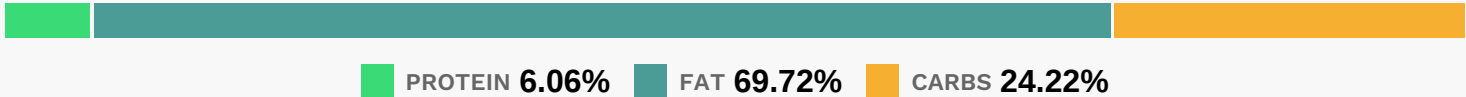
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven, prepare casserole dish: Preheat oven to 350°F. Butter a 1-quart casserole dish.
- ☐ Sauté onions: Melt 1 Tbsp butter and lightly sauté onions until just wilted.
- ☐ Layer a third of the sliced turnips in the casserole dish; top with a third of the onions; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter.
- ☐ Repeat this layering twice.
- ☐ Mix milk and cream together and pour over the turnips.
- ☐ Bake: Cover and bake in a 350°F oven for 30 minutes, then remove cover and bake for another 30–45 minutes, or until tender and bubbly.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:5.6017391837162%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 170.08kcal (8.5%), Fat: 13.55g (20.85%), Saturated Fat: 8.49g (53.09%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.72g (3.17%), Sugar: 5.72g (6.36%), Cholesterol: 38.95mg (12.98%), Sodium: 522.28mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 19.27mg (23.35%), Vitamin A: 481.16IU (9.62%), Manganese: 0.17mg (8.27%), Calcium: 78.64mg (7.86%), Fiber: 1.88g (7.52%), Potassium: 249.67mg (7.13%), Phosphorus: 70.87mg (7.09%), Vitamin B2: 0.11mg (6.61%), Vitamin B6: 0.12mg (5.95%), Vitamin B1: 0.08mg (5.38%), Folate: 20.94µg (5.23%), Copper: 0.09mg (4.29%), Magnesium: 16.37mg (4.09%), Selenium:

2.6µg (3.71%), Vitamin D: 0.55µg (3.65%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.2µg (3.37%), Zinc: 0.44mg (2.94%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.39mg (2.58%), Iron: 0.43mg (2.4%), Vitamin K: 1.49µg (1.42%)