



Smashed Rutabagas with Ginger-Roasted Pears

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds anjou pear firm cored peeled cut into 3/4-inch cubes
- ☐ 5 tablespoons butter
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 pounds rutabaga peeled cut into 3/4- to 1-inch cubes
- ☐ 1.5 teaspoons sugar

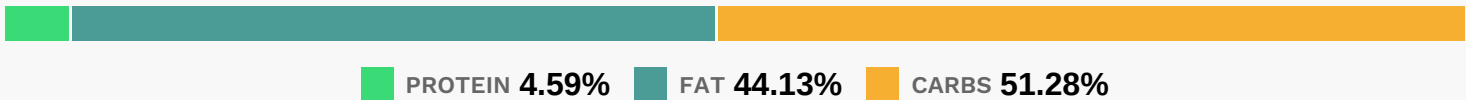
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ microwave

Directions

- ☐ Cook rutabagas in pot of boiling salted water until tender, about 35 minutes.
- ☐ Meanwhile, preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray.
- ☐ Combine oil, lemon juice, ginger, and sugar in large bowl.
- ☐ Add pears; toss to coat.
- ☐ Spread on prepared sheet. Roast until tender, turning pears every 10 minutes, about 35 minutes total.
- ☐ Drain rutabagas; return to same pot. Mash to coarse puree. Stir over medium heat until excess moisture evaporates, 5 minutes.
- ☐ Add cream, butter, and thyme.
- ☐ Mix in pears and any juices from baking sheet. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead.
- ☐ Transfer to microwave-safe bowl. Cover; chill. Rewarm at 1-minute intervals.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:12.26, Inflammation Score:-8, Nutrition Score:10.65782606213%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7mg, Apigenin: 7mg, Apigenin: 7mg, Apigenin: 7mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 212.01kcal (10.6%), Fat: 11.06g (17.02%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 22.18g (8.07%), Sugar: 16.72g (18.57%), Cholesterol: 24.01mg (8%), Sodium: 263.73mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin C: 50.56mg (61.28%), Fiber: 6.75g (27%), Potassium: 663.46mg (18.96%), Manganese: 0.29mg (14.51%), Vitamin B1: 0.18mg (11.71%), Phosphorus: 113.07mg (11.31%), Folate: 44.88µg (11.22%), Magnesium: 44.06mg (11.01%), Vitamin B6: 0.21mg (10.58%), Calcium: 95.26mg (9.53%), Vitamin E: 1.18mg (7.88%), Vitamin B3: 1.43mg (7.13%), Vitamin A: 348.37IU (6.97%), Vitamin B2: 0.11mg (6.73%), Copper: 0.13mg (6.5%), Iron: 1.09mg (6.07%), Vitamin K: 6.05µg (5.76%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.36mg (3.63%), Selenium: 1.67µg (2.38%)