



Southern-Cooked Rutabagas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper
- ☐ 6 servings additional pepper
- ☐ 2 pound rutabaga cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 0.3 pound salt pork rinsed sliced
- ☐ 1 teaspoon sugar
- ☐ 3 cups water

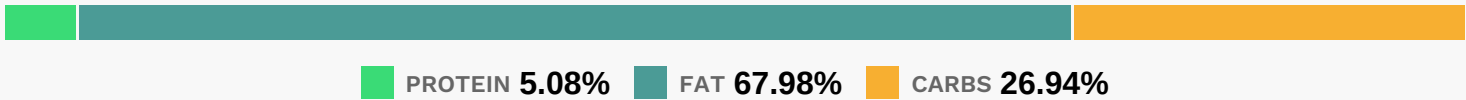
Equipment

☐ dutch oven

Directions

- ☐ Combine rutabaga, water, salt pork, sugar, and salt in a Dutch oven. Bring to a boil. Reduce heat; simmer, uncovered, 35 minutes or until rutabaga is tender.
- ☐ Drain.
- ☐ Remove salt pork; discard.
- ☐ Add 1/8 teaspoon pepper to rutabaga; mash to desired consistency.
- ☐ Sprinkle with additional pepper.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:7.36, Inflammation Score:-4, Nutrition Score:7.4152174261601%

Flavonoids

Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 200.23kcal (10.01%), Fat: 15.46g (23.79%), Saturated Fat: 5.6g (34.97%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 10.27g (3.74%), Sugar: 7.41g (8.23%), Cholesterol: 16.25mg (5.42%), Sodium: 725.15mg (31.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin C: 37.8mg (45.82%), Fiber: 3.51g (14.05%), Potassium: 475.56mg (13.59%), Vitamin B1: 0.18mg (11.79%), Manganese: 0.22mg (10.88%), Phosphorus: 90.19mg (9.02%), Vitamin B6: 0.17mg (8.34%), Magnesium: 32.99mg (8.25%), Folate: 31.96µg (7.99%), Calcium: 70.45mg (7.05%), Vitamin B3: 1.37mg (6.83%), Vitamin B2: 0.07mg (4.26%), Iron: 0.76mg (4.25%), Copper: 0.08mg (3.94%), Zinc: 0.55mg (3.65%), Selenium: 2.17µg (3.09%), Vitamin E: 0.46mg (3.03%), Vitamin B5: 0.28mg (2.83%)