



Sweet Potato and Turnip Swirl



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ginger root fresh minced
- ☐ 2 teaspoons orange zest
- ☐ 1 tablespoon reduced fat margarine
- ☐ 2 sweet potatoes cubed peeled
- ☐ 0.5 pound turnips cubed peeled
- ☐ 1 tablespoon sugar white

Equipment

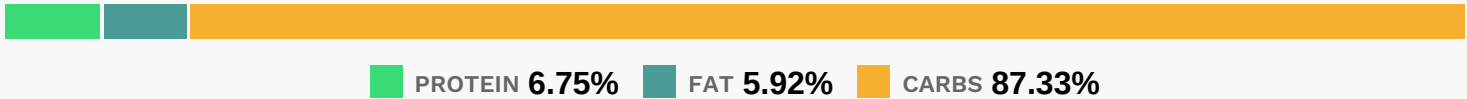
- ☐ food processor

☐ sauce pan

Directions

- ☐ In a medium saucepan over medium high heat, cover the turnips and sweet potatoes with enough water to cover. Bring to a boil and cook until soft, about 15 to 20 minutes.
- ☐ Drain; transfer to a food processor and puree.
- ☐ In a saucepan over medium heat, combine the ginger, margarine, sugar, and orange peel. Allow margarine to melt and mix ingredients together well.
- ☐ Add the puree and swirl together.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:9.1456521749496%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.54kcal (4.48%), Fat: 0.6g (0.93%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 17g (6.18%), Sugar: 6.67g (7.41%), Cholesterol: 0.37mg (0.12%), Sodium: 86.14mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 10691.97IU (213.84%), Vitamin C: 10.67mg (12.93%), Manganese: 0.25mg (12.3%), Fiber: 3.02g (12.07%), Vitamin B6: 0.19mg (9.66%), Potassium: 329.63mg (9.42%), Copper: 0.15mg (7.39%), Vitamin B5: 0.68mg (6.84%), Magnesium: 23.33mg (5.83%), Vitamin B1: 0.07mg (5%), Phosphorus: 46.22mg (4.62%), Folate: 14.29µg (3.57%), Calcium: 35.23mg (3.52%), Vitamin B2: 0.06mg (3.43%), Iron: 0.58mg (3.25%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.65µg (2.52%), Zinc: 0.33mg (2.22%), Vitamin E: 0.26mg (1.74%), Selenium: 0.8µg (1.14%)