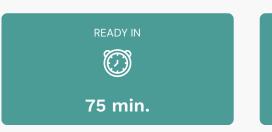


Turnip and Pear Purée

Gluten Free

Vegetarian







SIDE DISH

Ingredients

	0.5 cup cup heavy whipping cream
	1 juice of lemon with the juice of 1 medium lemon ripe peeled cut into 1-1/2-inch cubes, and kept in water (Bosc, Anjou, or Bartlett)
	1 teaspoon kosher salt
	0.5 pound baking potatoes peeled cut into 1-1/2-inch cubes
	3 pounds turnip
П	6 tablespoons butter unsalted at room temperature ()

Equipment

	Tood processor	
	sauce pan	
	pot	
Directions		
	Combine turnips and potatoes in a large saucepan or small stockpot and cover by 2 inches with cold water. (Turnips float, so you'll have to push them down to make sure you've got enough water.)	
	Add salt and bring to a boil over high heat. Reduce heat to medium high, partially cover, and cook for 10 minutes.	
	Add pears, partially cover, and cook until vegetables and pears are tender when pierced, about another 15 minutes.	
	Drain and return vegetables and pears to the pot over high heat. (The pears and turnips will release a lot of juices.) Cook, stirring often, until juices reduce and turn syrupy, about 5 minutes. Working in batches, purée vegetables and pears with butter and cream in a food processor until silky smooth.	
	Add freshly ground white pepper, taste, and adjust seasoning as necessary.	
	Serve immediately or leave purée in the pot for up to an hour and reheat over medium-low heat.	
Nutrition Facts		
	PROTEIN 5.21% FAT 62.02% CARBS 32.77%	
Properties		

Glycemic Index:19.72, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:8.1891304176787%

Flavonoids

Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg, Eriodictyol: O.18mg Hesperetin: O.54mg, Hesperetin: O.54mg, Hesperetin: O.54mg, Naringenin: O.05mg, Naringenin: O.05mg, Naringenin: O.05mg, Quercetin: O.01mg, Quercetin: O.01mg,

Nutrients (% of daily need)

Calories: 196.71kcal (9.84%), Fat: 14.09g (21.67%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.31g (4.84%), Sugar: 7.17g (7.97%), Cholesterol: 39.38mg (13.13%), Sodium: 411.28mg (17.88%),

Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.66g (5.32%), Vitamin C: 38.88mg (47.12%), Fiber: 3.44g (13.77%), Manganese: 0.27mg (13.71%), Potassium: 463.68mg (13.25%), Vitamin B6: 0.26mg (12.91%), Vitamin A: 481.57IU (9.63%), Copper: 0.18mg (8.9%), Folate: 31.14μg (7.79%), Phosphorus: 72.97mg (7.3%), Calcium: 67.46mg (6.75%), Magnesium: 26.71mg (6.68%), Vitamin B1: 0.1mg (6.38%), Vitamin B2: 0.09mg (5.44%), Vitamin B3: 0.99mg (4.96%), Vitamin B5: 0.48mg (4.8%), Iron: 0.78mg (4.31%), Zinc: 0.59mg (3.93%), Vitamin E: 0.44mg (2.93%), Selenium: 1.86μg (2.66%), Vitamin D: 0.4μg (2.64%), Vitamin K: 1.89μg (1.8%)