



## Turnip Casserole

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons butter
- 1 eggs lightly beaten
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.3 cup sugar
- 4 medium turnip cubed peeled

## Equipment

- bowl

- sauce pan
- oven
- baking pan
- kitchen thermometer

## Directions

- Place turnips in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15 minutes or until tender and drain.
- Transfer turnips to a bowl and mash.
- Add the egg, sugar, butter and salt.
- Transfer to a greased 1-qt. baking dish; sprinkle with cinnamon. Cover and bake at 350° for 20-25 minutes or until a thermometer reads 160°.

## Nutrition Facts



**PROTEIN 5.25%** **FAT 44.61%** **CARBS 50.14%**

## Properties

Glycemic Index:33.02, Glycemic Load:10.51, Inflammation Score:-2, Nutrition Score:3.7999999911889%

## Nutrients (% of daily need)

Calories: 126.43kcal (6.32%), Fat: 6.49g (9.99%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 14.91g (5.42%), Sugar: 14.21g (15.79%), Cholesterol: 42.33mg (14.11%), Sodium: 303.83mg (13.21%), Alcohol: 0g (100%), Protein: 1.72g (3.44%), Vitamin C: 17.08mg (20.71%), Manganese: 0.13mg (6.33%), Fiber: 1.51g (6.03%), Potassium: 167.77mg (4.79%), Vitamin A: 214.78IU (4.3%), Vitamin B6: 0.09mg (4.3%), Selenium: 2.96µg (4.23%), Folate: 15.86µg (3.97%), Phosphorus: 38.21mg (3.82%), Copper: 0.08mg (3.78%), Vitamin B2: 0.06mg (3.67%), Calcium: 31.25mg (3.13%), Vitamin B5: 0.28mg (2.83%), Magnesium: 10.02mg (2.51%), Vitamin B1: 0.04mg (2.39%), Zinc: 0.32mg (2.16%), Iron: 0.39mg (2.15%), Vitamin E: 0.27mg (1.77%), Vitamin B3: 0.33mg (1.67%), Vitamin B12: 0.08µg (1.29%)