

# Turnip Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



830 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 slices pineapple rings canned chopped
- 2 apples i use 2 granny smith apples cored peeled chopped
- 1 bunch spring onion chopped
- 0.3 teaspoon pepper black
- 1 teaspoon salt
- 4 turnip peeled chopped
- 0.3 cup vegetable oil
- 1 tablespoon water

0.5 cup granulated sugar white

## Equipment

bowl

whisk

pot

## Directions

Bring a large pot of salted water to a boil.

Add turnips and cook until tender but still firm, about 15 minutes.

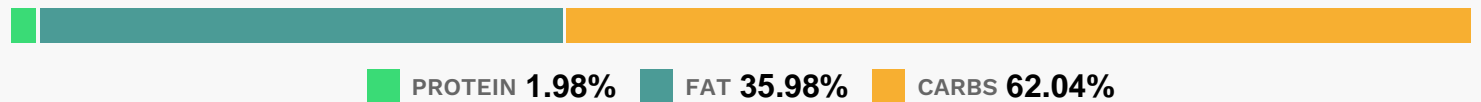
Drain, and cool.

In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.

Whisk together the oil, water, salt and pepper.

Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

## Nutrition Facts



## Properties

Glycemic Index:29.89, Glycemic Load:12.5, Inflammation Score:-2, Nutrition Score:4.5934782624245%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

## Nutrients (% of daily need)

Calories: 167kcal (8.35%), Fat: 7.03g (10.81%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 24.62g (8.95%), Sugar: 23.59g (26.21%), Cholesterol: 0mg (0%), Sodium: 333mg (14.48%), Alcohol: 0g (100%), Protein: 0.87g (1.74%), Vitamin C: 18.1mg (21.94%), Vitamin K: 20.1µg (19.14%), Fiber: 2.65g (10.59%), Potassium: 209.34mg (5.98%), Manganese: 0.11mg (5.58%), Copper: 0.1mg (4.94%), Vitamin B6: 0.1mg (4.83%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.16%), Magnesium: 13.92mg (3.48%), Folate: 13.85µg (3.46%), Calcium: 28.31mg (2.83%), Phosphorus: 24.64mg (2.46%), Vitamin B2: 0.04mg (2.41%), Iron: 0.38mg (2.09%), Vitamin B3: 0.38mg (1.91%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.23mg (1.5%), Vitamin A: 68.82IU (1.38%)