



Turnip Souffle

READY IN



70 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter cubed
- 3 bacon crumbled cooked
- 4 eggs separated
- 2 tablespoons flour all-purpose
- 0.7 cup milk
- 1.5 teaspoons salt divided
- 0.5 teaspoon sugar
- 1.5 pounds turnip peeled sliced (6 medium)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- glass baking pan

Directions

- Place turnips, 1/2 teaspoon of salt and sugar in a saucepan; cover with water. Cover and cook until turnips are tender, about 15–20 minutes; drain well and mash (do not add milk or butter). Set aside.
- In another saucepan, melt butter; stir in the flour and remaining salt until smooth.
- Add milk; bring to a boil. Cook and stir for 2 minutes. Beat egg yolks in a small bowl; gradually stir in 1/2 cup hot milk mixture. Return all to pan; cook and stir for 1 minute. Stir in turnips; remove from the heat. Beat egg whites until stiff peaks form; fold into batter. Spoon into a greased 11-in. x 7-in. glass baking dish.
- Sprinkle with bacon.
- Bake, uncovered, at 350° for 30 minutes or until golden brown.

Nutrition Facts

 **PROTEIN 11.41%**  **FAT 71.45%**  **CARBS 17.14%**

Properties

Glycemic Index:38.26, Glycemic Load:4.45, Inflammation Score:-4, Nutrition Score:6.8391303964283%

Nutrients (% of daily need)

Calories: 191.03kcal (9.55%), Fat: 15.41g (23.7%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 6.73g (2.45%), Sugar: 4.55g (5.06%), Cholesterol: 117.75mg (39.25%), Sodium: 673.64mg (29.29%), Alcohol: 0g (100%), Protein: 5.54g (11.07%), Vitamin C: 17.86mg (21.65%), Selenium: 10.04µg (14.34%), Phosphorus: 104.13mg (10.41%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 507.4IU (10.15%), Vitamin B6: 0.14mg (7.18%), Potassium: 243.78mg (6.97%), Manganese: 0.14mg (6.78%), Folate: 26.95µg (6.74%), Calcium: 67.13mg (6.71%), Vitamin B5: 0.64mg (6.41%), Fiber: 1.58g (6.33%), Vitamin B12: 0.36µg (6.04%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.72mg

(4.77%), Copper: 0.09mg (4.73%), Vitamin D: 0.68µg (4.5%), Iron: 0.76mg (4.24%), Vitamin E: 0.61mg (4.06%),
Vitamin B3: 0.81mg (4.05%), Magnesium: 16.07mg (4.02%), Vitamin K: 1.21µg (1.15%)