



Turnip with Coconut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon asafoetida powder
- ☐ 1 tablespoon coconut or shredded
- ☐ 0.5 teaspoon mustard seed
- ☐ 0.5 onion minced
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon turmeric
- ☐ 4 turnip leaves fresh chopped

- ☐ 2 turnips sliced quartered
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

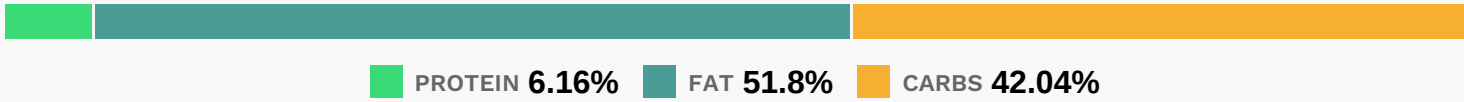
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a skillet over high heat; cook the mustard seeds in the hot oil until the seeds no longer are crackling. Stir the asafoetida powder into the mustard seeds; add the turnips, turnip leaves, and onion to the skillet. Season the mixture with the paprika, turmeric, and salt.
- ☐ Pour the water over the mixture, place a cover on the skillet, reduce heat to medium, and cook until the turnip is cooked yet remains crunchy, 5 to 7 minutes. Return heat to high to cook off any excess water.
- ☐ Mix the coconut into the mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:6.5, Inflammation Score:-10, Nutrition Score:8.3808695026066%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 126.79kcal (6.34%), Fat: 7.68g (11.82%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 10.04g (3.65%), Sugar: 7.72g (8.58%), Cholesterol: 0mg (0%), Sodium: 415.11mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin C: 39.68mg (48.1%), Manganese: 0.36mg (17.93%), Fiber: 3.98g (15.94%), Vitamin K: 13.27µg (12.64%), Potassium: 401.74mg (11.48%), Vitamin B6: 0.2mg (10.18%), Copper: 0.18mg (8.87%), Folate: 31.47µg (7.87%), Magnesium: 25.4mg (6.35%), Calcium: 62.55mg (6.26%), Phosphorus: 60.97mg (6.1%), Vitamin B1: 0.09mg (5.73%), Iron: 0.98mg (5.47%), Vitamin E: 0.8mg (5.33%), Vitamin A: 246.99IU (4.94%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.6mg (4.01%), Vitamin B2:

0.07mg (3.96%), Selenium: 2.32μg (3.32%)