

RUTABAGA

GROWN IN MINNESOTA



Nutrition Facts

Serving Size 1/2 cup (70g)

Calories	25	% Daily Value
Total Fat	0g	0%
Sodium	15mg	1%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	8%

Protein 1g

Health Benefits

- Provides thiamine to help us digest carbohydrates.
- Excellent source of vitamin C.
- Good source of potassium, fiber and vitamin A.

DIFFERENT USES

- Mix rutabagas along with other root vegetables in a slow cooker, heat until fully cooked.
- Rutabagas can be boiled, steamed, sautéed, stir fried, microwaved, and roasted.
- Cook rutabagas before adding to soups and stews. This avoids them overpowering the dish.

FUN FACT

- They are sweeter than turnips and turn slightly orange when cooked.
- Eat them raw or cooked, but peel them first.
- Rutabagas are a cross between a turnip and a cabbage, but they look much more like a turnip.
- The rutabaga was the original jack-o-lantern before the pumpkin.
- Some people refer to rutabagas as “swedes.”

