

# Roasted Turnips with Parmesan

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turnip-christmas-recipe>

## Ingredients:

- 2 pounds turnips about 4 medium, peeled and cut into 1/2-inch wedges
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground nutmeg
- 2 tablespoons extra-virgin olive oil
- coarse salt
- ground pepper
- 1/4 cup grated Parmesan 1/2 ounce

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 440 milligrams
9. Sugar: 9 grams

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