



Rutabaga

Health Benefits of Rutabaga

Rutabagas are a root vegetable that is part of the cruciferous family. Its flavor is a cross between a turnip and a cabbage. Often used in soups and stews, both the roots and leaves are edible.

1 cup chopped rutabaga provides:

- 66 calories, 2g protein, 3g fiber, no fat and no cholesterol

Potential benefits of consuming rutabaga:

- Low calorie and good source of dietary fiber which aids in digestion and blood sugar control
- Antioxidants vitamins C, E, lutein and beta-carotene all protect against inflammation; Glucosinolates combat cancer
- Contains tryptophan, melatonin and serotonin which all aid in sleep, mood and hunger regulation
- Potassium and magnesium help lower blood pressure and regulate heart rhythms
- Contains an enzyme which helps detoxify drugs
- Rutabagas are best suited to cooking. Remove skin and bake, roast, boil, steam or microwave. Combine with other vegetables for soup, stew, casseroles or stir fry

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