

- 66 Calories, 2g protein, 3g fiber, no fat, no cholesterol
- 1 cup chopped rutabaga provides:**
- 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
- Best suited to cooking. Remove skin and bake, roast, boil, steam, or microwave. Combine with other vegetables for soup, stew or stir fry

Health Benefits of Rutabaga



A root vegetable part of the cruciferous family, its flavor is a cross between a turnip and a cabbage. Both the roots and leaves are edible.

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