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## Difference between turnip and radish

HomeCompareradish vs turnip12345Rating: 4 on 9 votes. Marcin Piotrowicz At first glance, you can see that in radish is much less calories than in turnip. Radish has 16 kcal per 100g and turnip 28 kcal per 100g so it is pretty easy to calculate that the difference is about 75 %. In radish and in turnip most calories came from carbs.per 100gRadishTurnipCalories16 28 Carbohydrates3.4 6g4.3 gFat0.1 ɡ0.1 ɡDietary fiber1.6 ɡ1.8 ɡProtein0.68 ɡ0.9 ɡCalcium25 mg30 mgIron0.34 mg0.3 mgMagnesium10 mg11 mgPotassium233 mg233 mgSodium39 mg39 mgZink0.28 mg0.27 mgVitaminium B2 (riboflavin)0.039 mg0.03 mgVitaminium B3 (Niacin)0.254 mg0.4 mgVitaminium B60.071 mg0.09 mgVitaminium B9 (Folic acid)25 mg15 mgVitaminium C14.8 mg21 mgVitaminium K1.3 mg0.1 mgAdd Radish to calories calculatorAdd Turnip to calories calculator It is alsio easy to see see that in radish is less protein than in turnip. There is 0.9g per 100g of turnip and 0.68g per 100g of radish so using simple math we can see that difference is about 32 %. In radish is less carbohydrates than in turnip. There is 6.43g/100g of carbohydrates in turnip and 3.4g/100g in radish so let me do the math for you again - difference is about 89 %. There is the same amount of fat in radish and turnip - 0.1g/100g. See tables below to compare radish with turnip in details. Type of root vegetable For the nomenclature of turnips, see Turnip (terminology). Brassica rapa rapa redirects here. Rapini is in the same subspecies. Turnip Turnip roots Scientific classification Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Eudicots Order: Brassicales Family: Brassicaceae Genus: Brassica Species: B. rapa Variety: B. r. var. rapa Trinomial name Brassica rapa var. rapal. The turnip or white turnip (Brassica rapa subsp. rapa) is a root vegetable commonly grown in temperate climates worldwide for its white, fleshy taproot. The word turnip is a compound of turn as in turned/rounded on a lathe and neep, derived from Latin napus, the word for the plant. Small, tender varieties are grown for human consumption, while larger varieties are grown as feed for livestock. In the north of England, Scotland, Ireland, Cornwall and parts of Canada (Quebec, Newfoundland, Manitoba and the Maritimes), the word turnip (or neep) often refers to rutabaga, also known as swede, a larger, yellow root vegetable in the same genus (Brassica).[1] Description The most common type of turnip is mostly white-skinned apart from the upper 1 to 6 centimetres (1⁄2 to 2+1⁄2 inches), which protrude above the ground and are purple or red or greenish where the sun has hit. This above-ground part develops from stem tissue, but is fused with the root.[citation needed] The interior flesh is entirely white. The root is roughly globular, from 5–20 cm (2–8 in) in diameter, and lacks side roots. Underneath, the taproot (the normal root below the swollen storage root) is thin and 10 cm (4 in) or more in length; it is often trimmed off before the vegetable is sold. The leaves grow directly from the above-ground shoulder of the root, with little or no visible crown or neck (as found in rutabagas).[citation needed] Turnip leaves are sometimes eaten as "turnip greens" ("turnip tops" in the UK), and they resemble mustard greens (to which they are closely related) in flavor. Turnip greens are a common side dish in southeastern U.S. cooking, primarily during late Fall and Winter. Smaller leaves are preferred, but the bitter taste of larger leaves can be reduced by pouring off the water from the initial boiling and replacing it with fresh water. Varieties of turnip grown specifically for their leaves resemble mustard greens and have small or no storage roots. These include rapini (broccoli rabe), bok choy, and Chinese cabbage. Similar to raw cabbage or radish, turnip leaves and roots have a pungent flavor that becomes milder after cooking.[citation needed] Turnip roots weigh up to 1 kilogram (2 pounds 3 ounces), although they are usually harvested when smaller. Size is partly a function of variety and partly a function of the length of time the turnip has grown. Most very small turnips (also called baby turnips) are specialty varieties. These are only available when freshly harvested and do not keep well. Most baby turnips can be eaten whole, including their leaves. Baby turnips are sold in yellow-, orange-, and red-fleshed varieties, as well as white-fleshed. Their flavor is mild, so they can be eaten raw in salads like radishes and other vegetables. [citation needed] Nutrition Turnip greens, cooked, boiled, drained, without saltNutritional value per 100 g (3.5 oz)Energy84 kJ (20 kcal)Carbohydrates4.4 gSugars0.5 ɡDietary fiber3.5 ɡ Fat0.2 ɡ Protein1.1 ɡ VitaminsQuantity %DV†Vitamin A equiv.beta-Carotene48% 381 µg42%4575 µgThiamine (B1)4% 0.045 mgRiboflavin (B2)6% 0.072 mgNiacin (B3)3% 0.411 mgPantothenic acid (B5)5% 0.274 mgVitamin B614% 0.18 mgFolate (B9)30% 118 µgVitamin C33% 27.4 mgVitamin E13% 1.88 mgVitamin K350% 368 µg MineralsQuantity %DV†Calcium14% 137 mgIron6% 0.8 mgMagnesium6% 22 mgManganese16% 0.337 mgPhosphorus4% 29 mgPotassium4% 203 mgSodium2% 29 mg Other constituentsQuantityWater93.2 ɡLutein8440 µg Link to USDA Database entry Units µg = micrograms • mg = milligrams IU = International units †Percentages are roughly approximated using US recommendations for adults. Source: USDA FoodData Central Turnips, cooked, boiled, drained, without saltNutritional value per 100 g (3.5 oz)Energy92 kJ (22 kcal)Carbohydrates5.1 ɡSugars3.0Dietary fiber2.0 ɡ Fat0.1 ɡ Protein0.7 ɡ VitaminsQuantity %DV†Thiamine (B1)2% .027 mgRiboflavin (B2)2% .023 mgNiacin (B3)2% .299 mgPantothenic acid (B5)3% .142 mgVitamin B65% .067 mgFolate (B9)2% 9 µgVitamin C14% 11.6 mg MineralsQuantity %DV†Calcium3% 33 mgIron1% .18 mgMagnesium3% 9 mgManganese3% .071 mgPhosphorus4% 26 mgPotassium4% 177 mgSodium1% 16 mgZinc1% .12 mg Other constituentsQuantityWater93.6 ɡ Link to USDA Database entry Units µg = micrograms • mg = milligrams IU = International units †Percentages are roughly approximated using US recommendations for adults. Source: USDA FoodData Central Boiled green leaves of the turnip top ("turnip greens") provide 84 kilojoules (20 kilocalories) of food energy in a reference serving of 100 grams (3+1⁄2 oz), and are 93% water, 4% carbohydrates, and 1% protein, with negligible fat (table). The boiled greens are a rich source (more than 20% of the Daily Value, DV) particularly of vitamin K (350% DV), with vitamin A, vitamin C, and folate also in significant content (30% DV or greater, table). Boiled turnip greens also contain substantial lutein (8440 micrograms per 100 g). In a 100-gram reference amount, boiled turnip root supplies 92 kJ (22 kcal), with only vitamin C in a moderate amount (14% DV). Other micronutrients in boiled turnip are in low or negligible content (table). Boiled turnip is 94% water, 5% carbohydrates, and 1% protein, with negligible fat. History Wild forms of the turnip and its relatives, the mustards and radishes, are found over western Asia and Europe. Starting as early as 2000 BC, related oilseed subspecies of Brassica rapa like oleifera may have been domesticated several times from the Mediterranean to India, though these are not the same turnips cultivated for its roots.[2] Furthermore, estimates of domestication dates are limited to linguistic analyses of plant names.[3] Edible turnips were possibly first cultivated in northern Europe, and were an important food in the Hellenistic and Roman world.[2] Sappho, a Greek poet from the seventh century BC, calls one of her paramours Gongylia, meaning "turnip". The turnip eventually spread east to China, and reached Japan by 700 AD.[2] Cultivation The 1881 American Household Cyclopedia advises that turnips can be grown in fields that have been harrowed, ploughed, and planted with turnip seed. It recommends planting in late May or June and weeding and thinning with a hoe throughout the summer.[4] As a root crop, turnips grow best in cool weather; hot temperatures cause the roots to become woody and bad-tasting. They are typically planted in the spring in cold-weather climates (such as the northern US and Canada) where the growing season is only 3–4 months. In temperate climates (ones with a growing season of 5–6 months), turnips may also be planted in late summer for a second fall crop. In warm-weather climates (7 or more month growing season), they are planted in the fall. 55–60 days is the average time from planting to harvest.[citation needed] Turnips are a biennial plant, taking two years from germination to reproduction. The root spends the first year growing and storing nutrients, and the second year flowers, produces seeds, and dies. The flowers of the turnip are tall and yellow, with the seeds forming in pea-like pods. In areas with less than seven-month growing seasons, temperatures are too cold for the roots to survive the winter. To produce seeds, pulling the turnips and storing them over winter is necessary, taking care not to damage the leaves. During the spring, they may be set back in the ground to complete their lifecycle.[citation needed] Turnip (flower) A bundle of Tokyo turnips Human use In England around 1700, Charles "Turnip" Townshend promoted the use of turnips in a four-year crop-rotation system that enabled year-round livestock feeding.[5] In most of England, the smaller white vegetables are called turnips, while the larger yellow ones are referred to as swedes. In the United States, turnips are the same, but swedes are usually called rutabagas. Heraldry The turnip is an old vegetable charge in heraldry. It was used by Leonhard von Keutschach, prince-archbishop of Salzburg. The turnip is still the heart shield in the arms of Keutschach am See.[citation needed] The arms of the former municipality of Kikkala, Finland, were Gules, a turnip Or.[6] See also Daikon DCPA, a commonly used herbicide in the growing of turnips Kohlrabi, aka "German turnip" Celeriac, aka "turnip-rooted celery" Nanakusa-no-sekku Turnip Prize Turnip Winter References ^ Smillie, Susan (25 January 2010). "Are 'neeps' swedes or turnips?". The Guardian. ^ a b c Sanderson, Helen (2005). Prance, Ghilleain; Nesbitt, Mark (eds.). The Cultural History of Plants. Routledge. p. 72. ISBN 0415927463. ^ Zohary, Daniel; Hopf, Maria; Weiss, Ehud (2012). Domestication of plants in the Old World : the origin and spread of domesticated plants in Southwest Asia, Europe, and the Mediterranean Basin (4th ed.). Oxford: Oxford University Press. p. 139. ISBN 9780199549061. ^ ^ Ashton, T S (1948). The Industrial Revolution. A Galaxy Book (Third printing, 1965 ed.). New York: Oxford University Press. p. 21. ^ Hartemink, Ralf. "Kikkala". Heraldry Wiki. Retrieved 2021-02-14. Official blazon (Finnish): Punaisessa keniässä kultainen nauris External links Wikimedia Commons has media related to Brassica rapa subsp. rapa. Wikibooks Cookbook has a recipe/module on Turnip Multilingual taxonomic information from the University of Melbourne Alternative Field Crop Manual: Turnip Retrieved from " Radishes and turnips are both root vegetables. They look quite similar, except for the fact that radishes are smaller than turnips. If you are shopping in a hurry, you might also mistake one for the other. Both the vegetables belong to the Brassicaceae. The nutritional content is somewhat similar as well. They have high water concentration and low-calorie content. Difference Between Radish and Turnip The main difference between radishes and turnips is their taste. Raw turnip is mildly spicy, crunchy, and sweet, whereas raw radish is crispy, peppery, zesty, and slightly sweet. When radish matures, it becomes spicier and spicier. When turnips mature, they become spicy as well. But they also become more starchy and bitter. Older radishes are sweeter than the younger ones, whereas the younger turnips are sweeter than the older ones. When you cook turnip, its flavors get intensified, whereas when you cook radish, its spiciness reduces. Radishes become ready to harvest in nearly 22 days, whereas turnips become ready to harvest in a minimum of 60 days. Radishes are less prone to various plant diseases as compared to turnips. Round turnips are bigger than round radishes. The skin or top color of a round radish is reddish, whereas round turnips have a creamy-white skin color, and their top color is purple. The water concentration of radish (95%) is slightly higher than that of turnip (93%). 67mg of sodium is present in 100gm of turnip, whereas 100gm of radish contains 39mg of sodium. The potassium content of radish is 233mg and that of turnip is 191mg. The sugar content of radish is 1.9gm and that of turnip is 3.8gm. Is It Possible to Substitute Radish for Turnip in Recipes? Yes, it is possible to substitute radish for turnip and the other way around. As they fall under the same plant family, their composition, texture, and taste are somewhat similar. That is why they blend in your dishes and add a similar flavor to your dish. You just need to be aware of the age and type of radish or turnip you are going to use. That is because the amount of spiciness, bitterness, and sweetness of your dish can be regulated based on that. When to Use Radish? Radishes can be used in various dishes. You can chop the radish and combine other ingredients for making a crunchy and leafy salad or add other ingredients and cook them for preparing a dish. Here are some ideas: You can season the spiral radishes with chives and salt. This goes well with beer. You can use raw radishes for making good dips and dressings, as they are peppery. Finely grate the radish and blend in with some herbs and crème cheese. Lastly, do some seasoning and serve. You can also boil the radish in ginger and scallions or braise it in the broth for serving with roasted meat. You can also serve pan-seared radish. You just need to season the radish and use butter or olive oil. Cook for a few minutes, until it sweetens and softens. In case you are looking for some natural diuretic, you can go for the freshly squeezed radish juice. You can also blend some other fruits in. Lastly, you can make a radish paste, and then use it for treating several skin issues like insect bites, rashes, and allergies. When to Use Turnip? Turnips can be used in various dishes. They can either be used cooked in a dish or fresh in a salad. Here are some ideas: You can saute some turnip cuts in butter and garlic. Try seasoning them with herbs and then bake for about 20 minutes. You can simply roast them. Slice the turnip and season the slices with pepper and salt. Drizzle olive oil and then pop them in the oven for about 30 minutes. You can also try mashing the turnips or panfrying the turnip slices until they turn golden. You can use it as a side dish with grilled or cooked meat. You can also braise turnips in herbs and vegetable stock. You just need to wait for a few minutes, until the turnip becomes crispy and soft. You can also make turnip pickles. The turnip slices need to be submerged in the rice vinegar and mixed with some salt and sugar. Then you need to allow them to ferment. They go well with sandwiches. Turnip greens or green leaves are very nutritious. The smaller leaves need to be boiled and then seasoned. Their taste is like mustard greens. In the case of larger leaves, you need to boil them separately for removing the bitterness.

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