



Al Forno's Mashed Potatoes with Celeriac



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 pounds celery root cut into chunks
- ☐ 2 teaspoons kosher salt
- ☐ 2 pounds new potatoes unpeeled quartered
- ☐ 0.5 cup whipping cream

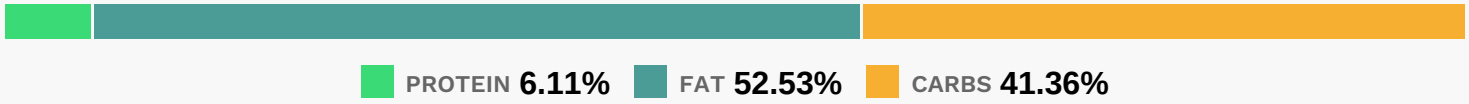
Equipment

- ☐ sauce pan

Directions

- ☐ Bring potato, celeriac, and water to cover to a boil in a large saucepan; cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain and mash, leaving slightly lumpy. Stir in whipping cream, butter, and salt.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:13.95, Inflammation Score:-5, Nutrition Score:10.534782632538%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 229.79kcal (11.49%), Fat: 13.85g (21.31%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 20.91g (7.6%), Sugar: 2.51g (2.79%), Cholesterol: 37.85mg (12.62%), Sodium: 637.45mg (27.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 40.09µg (38.18%), Vitamin C: 25.2mg (30.55%), Vitamin B6: 0.42mg (21.09%), Potassium: 668.21mg (19.09%), Phosphorus: 165.66mg (16.57%), Fiber: 3.63g (14.51%), Manganese: 0.28mg (14.17%), Magnesium: 40.08mg (10.02%), Vitamin A: 460.38IU (9.21%), Copper: 0.16mg (8.16%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.6mg (8.02%), Iron: 1.36mg (7.56%), Vitamin B2: 0.11mg (6.45%), Vitamin B5: 0.63mg (6.31%), Calcium: 60.76mg (6.08%), Folate: 22.59µg (5.65%), Vitamin E: 0.71mg (4.72%), Zinc: 0.6mg (4.02%), Selenium: 1.38µg (1.97%), Vitamin D: 0.19µg (1.27%)