



Browned Butter Parsnips

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 6 parsnips trimmed peeled
- ☐ 0.5 cup butter unsalted

Equipment

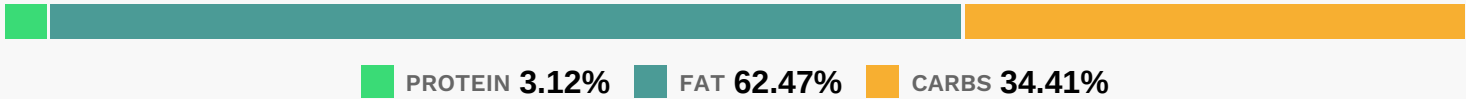
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Cook butter in a small heavy saucepan over medium heat, stirring constantly, 6 to 8 minutes or just until butter begins to turn golden brown. Immediately remove from heat, and pour butter into a small bowl. (Butter will continue to darken if left in pan.) Cover and chill 30 minutes or until butter is cool and begins to solidify.
- ☐ Meanwhile, cut parsnips in half, and cut each half into 2- to 3-inch slices. Cook parsnips in boiling salted water to cover in a large Dutch oven 25 minutes or just until tender.
- ☐ Drain parsnips, and place in a medium bowl.
- ☐ Remove liquid butter from top of chipped solid browned butter, reserving liquid butter for another use. Bring solid browned butter and cream to a boil in heavy saucepan over medium heat.
- ☐ Pour browned butter mixture over parsnips, and coarsely mash parsnips with a potato masher or whisk. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:15.83, Inflammation Score:-8, Nutrition Score:21.009999943816%

Flavonoids

Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 478.97kcal (23.95%), Fat: 34.45g (53%), Saturated Fat: 21.53g (134.59%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 31.3g (11.38%), Sugar: 12.05g (13.38%), Cholesterol: 94.62mg (31.54%), Sodium: 34.4mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Manganese: 1.3mg (65.17%), Vitamin K: 55.25µg (52.62%), Vitamin C: 39.7mg (48.13%), Fiber: 11.39g (45.57%), Folate: 157.82µg (39.45%), Vitamin E: 4.4mg (29.31%), Potassium: 906.95mg (25.91%), Vitamin A: 1146.42IU (22.93%), Phosphorus: 189.14mg (18.91%), Magnesium: 70.07mg (17.52%), Vitamin B5: 1.5mg (15.02%), Vitamin B1: 0.22mg (14.44%), Copper: 0.29mg (14.34%), Vitamin B6: 0.22mg (11.03%), Calcium: 110.14mg (11.01%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.47mg (9.79%), Vitamin B3: 1.66mg (8.29%), Iron: 1.41mg (7.82%), Selenium: 5.36µg (7.66%), Vitamin D: 0.9µg (6.01%), Vitamin B12: 0.1µg (1.6%)