



Carrot, apple & celeriac mash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 750 g celery root cubed peeled
- ☐ 1 kg carrots sliced
- ☐ 4 apples cubed peeled
- ☐ 4 tbsp crème fraîche
- ☐ 1 tbsp butter
- ☐ 4 tbsp parsley finely chopped

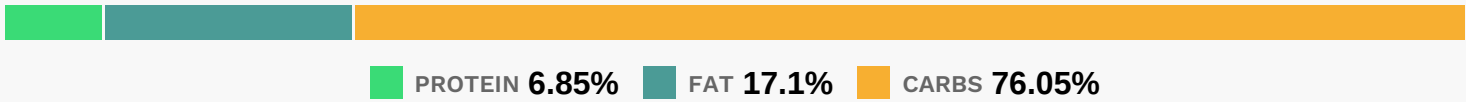
Equipment

- ☐ frying pan

Directions

- ☐
- Put the celeriac, carrots and apples in a large pan of water, bring to the boil and simmer for 20 mins until tender.
- ☐
- Drain, tip back into the pan and mash roughly. Stir in the rest of the ingredients. Cover and keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:24.48, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:17.930000066757%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 6.35mg, Apigenin: 6.35mg, Apigenin: 6.35mg, Apigenin: 6.35mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 163.24kcal (8.16%), Fat: 3.35g (5.16%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 26.12g (9.5%), Sugar: 17.11g (19.01%), Cholesterol: 7.36mg (2.45%), Sodium: 195.25mg (8.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin A: 21173.44IU (423.47%), Vitamin K: 88.31µg (84.11%), Fiber: 7.43g (29.74%), Vitamin C: 21.64mg (26.23%), Potassium: 797.07mg (22.77%), Vitamin B6: 0.37mg (18.44%), Manganese: 0.36mg (18.12%), Phosphorus: 167.66mg (16.77%), Vitamin B3: 2mg (10%), Magnesium: 39.89mg (9.97%), Vitamin B1: 0.15mg (9.85%), Vitamin B2: 0.17mg (9.7%), Calcium: 96.13mg (9.61%), Vitamin E: 1.4mg (9.36%), Folate: 37.28µg (9.32%), Vitamin B5: 0.76mg (7.56%), Copper: 0.15mg (7.52%), Iron: 1.26mg (7.02%), Zinc: 0.69mg (4.58%), Selenium: 1.02µg (1.46%)