



# Carrot, Leek, and Parsley Mash

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

## Ingredients

- 5 pounds carrots peeled coarsely chopped
- 0.8 cup half and half at room temperature
- 0.8 cup leek white green rinsed halved lengthwise thinly sliced
- 0.3 cup parsley fresh italian finely chopped
- 3 tablespoons butter unsalted

## Equipment

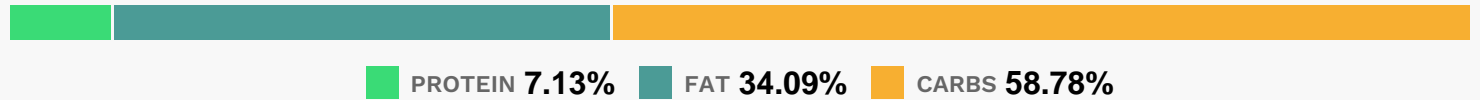
- pot
- potato masher

stove

## Directions

- Bring a large pot of heavily salted water to a boil over high heat. Once water boils, add carrots and cook until very tender, about 12 to 15 minutes.
- Drain carrots and let sit, undisturbed, so they “steam dry” for a few minutes. Return pot to stovetop over medium–low heat and add butter. Once butter foams, add leeks, season well with salt and freshly ground pepper, and cook until leeks are soft and wilted, about 2 minutes.
- Add carrots and stir to coat.
- Pour in half–and–half and, using a potato masher or large fork, coarsely mash up the mixture.
- Mix in parsley, taste and adjust seasoning as needed, and serve.

## Nutrition Facts



## Properties

Glycemic Index:18.47, Glycemic Load:12.47, Inflammation Score:-10, Nutrition Score:23.709565175616%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 252.48kcal (12.62%), Fat: 10.12g (15.56%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 28.39g (10.32%), Sugar: 19.63g (21.81%), Cholesterol: 25.64mg (8.55%), Sodium: 283.66mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin A: 63825.69IU (1276.51%), Vitamin K: 97.01µg (92.39%), Fiber: 10.87g (43.47%), Potassium: 1285.06mg (36.72%), Vitamin C: 27.23mg (33.01%), Manganese: 0.6mg (29.93%), Vitamin B6: 0.57mg (28.26%), Folate: 83.86µg (20.96%), Vitamin B3: 3.83mg (19.14%), Vitamin E: 2.85mg (19.03%), Vitamin B1: 0.27mg (17.85%), Calcium: 168.8mg (16.88%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 168.06mg (16.81%), Magnesium: 52.89mg (13.22%), Vitamin B5: 1.15mg (11.53%), Copper: 0.19mg (9.55%), Iron: 1.54mg (8.55%), Zinc: 1.07mg (7.14%), Selenium: 1.53µg (2.19%), Vitamin B12: 0.07µg (1.16%)