



Carrot, Potato, and Parsnip Mash

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



7

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter divided
- ☐ 6 large carrots cut into 1/2-inch slices
- ☐ 2 tablespoons less-sodium chicken broth fat-free
- ☐ 1 tablespoon chives fresh minced
- ☐ 0.5 cup onion minced
- ☐ 6 small parsnips cut into 1/2-inch slices
- ☐ 0.5 teaspoon salt

- ☐ 1.8 cups water
- ☐ 2 yukon gold potatoes peeled coarsely chopped

Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Melt 1 tablespoon butter in a large saucepan over medium heat.
- ☐ Add onion, and saut 4 to 5 minutes or until soft. Stir in potato, carrot, and parsnips.
- ☐ Add water, and bring to a boil. Cover, reduce heat, and simmer 20 to 25 minutes or until vegetables are tender. Uncover and cook 8 to 10 minutes or until liquid evaporates, stirring occasionally.
- ☐ Add broth and remaining 1 tablespoon butter. Mash mixture with a potato masher. Stir in chives, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:48.08, Glycemic Load:17.46, Inflammation Score:-10, Nutrition Score:20.411739245705%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 196.07kcal (9.8%), Fat: 3.86g (5.94%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 29.91g (10.88%), Sugar: 10.18g (11.31%), Cholesterol: 8.6mg (2.87%), Sodium: 271.33mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Vitamin A: 10430.2IU (208.6%), Manganese: 0.93mg (46.65%), Vitamin C: 36.89mg (44.72%), Vitamin K: 40.32µg (38.4%), Fiber: 9.53g (38.12%), Folate: 111.31µg (27.83%), Potassium: 921.35mg (26.32%), Vitamin B6: 0.36mg (18.16%), Vitamin E: 2.49mg (16.59%), Phosphorus:

148.71mg (14.87%), Magnesium: 59.27mg (14.82%), Vitamin B1: 0.21mg (13.69%), Copper: 0.26mg (12.81%), Vitamin B5: 1.14mg (11.35%), Vitamin B3: 2.09mg (10.45%), Calcium: 80.37mg (8.04%), Iron: 1.39mg (7.74%), Zinc: 1.11mg (7.38%), Vitamin B2: 0.12mg (7.28%), Selenium: 2.8µg (4%)