



Carrots and Rutabaga Mash

 Vegetarian  Gluten Free  Low Fod Map

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

127 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 stick butter
- ☐ 1 pound carrots peeled chopped
- ☐ 2 tablespoons freshly flat-leaf parsley italian chopped for garnish
- ☐ 1 pound rutabaga peeled chopped
- ☐ 6 servings salt

Equipment

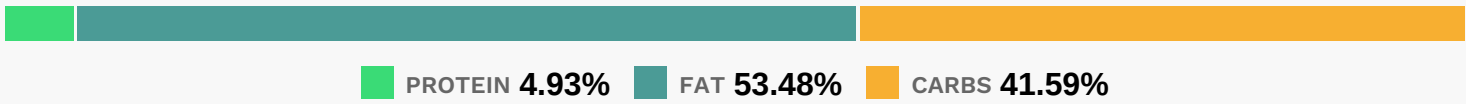
- ☐ food processor

☐ potato masher

Directions

- ☐ Boil carrots and rutabaga together until just soft.
- ☐ Drain and add butter. Smash together using either a potato masher or food processor until it looks like a puree. Season with lots of pepper and a little salt.
- ☐ Transfer to a serving dish and garnish with fresh parsley.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:12.113478226506%

Flavonoids

Apigenin: 5.78mg, Apigenin: 5.78mg, Apigenin: 5.78mg, Apigenin: 5.78mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.84mg, Myricetin: 1.84mg, Myricetin: 1.84mg, Myricetin: 1.84mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 127.22kcal (6.36%), Fat: 7.95g (12.24%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 9.99g (3.63%), Sugar: 6.97g (7.75%), Cholesterol: 20.25mg (6.75%), Sodium: 316.34mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 12979.22IU (259.58%), Vitamin K: 32.9µg (31.33%), Vitamin C: 25.13mg (30.46%), Fiber: 3.92g (15.7%), Potassium: 483.51mg (13.81%), Manganese: 0.22mg (11.13%), Vitamin B6: 0.18mg (9.08%), Folate: 32.57µg (8.14%), Vitamin B1: 0.12mg (7.98%), Phosphorus: 69.72mg (6.97%), Vitamin B3: 1.29mg (6.47%), Vitamin E: 0.96mg (6.37%), Magnesium: 25.22mg (6.31%), Calcium: 62.12mg (6.21%), Vitamin B2: 0.08mg (4.63%), Iron: 0.66mg (3.64%), Vitamin B5: 0.34mg (3.44%), Copper: 0.06mg (3.08%), Zinc: 0.39mg (2.58%), Selenium: 0.71µg (1.01%)