



## Celeriac Mash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter
- 1 celery root peeled cut into 1/2-inch pieces (celery root)
- 0.3 cup heavy cream
- 3 potatoes peeled cut into 1/2-inch pieces

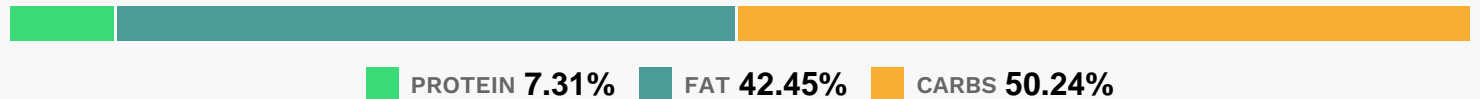
### Equipment

- pot
- potato masher

## Directions

- Place the celeriac cubes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 12 minutes.
- Add the potatoes, and continue boiling until the vegetables are very tender, about 15 minutes more.
- Drain and allow to steam dry for a minute or two.
- Return the vegetables to the pot, and stir over medium-high heat until liquid is no longer pooling from the vegetables.
- Remove from the heat, and pour in the cream and butter. Mash with a potato masher until almost smooth.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:16.43, Inflammation Score:-5, Nutrition Score:12.191738893156%

## Flavonoids

Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 222.65kcal (11.13%), Fat: 10.87g (16.72%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 24.66g (8.97%), Sugar: 2.95g (3.28%), Cholesterol: 29.99mg (10%), Sodium: 163.3mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin K: 47.35µg (45.1%), Vitamin C: 29.73mg (36.03%), Vitamin B6: 0.5mg (24.89%), Potassium: 787.61mg (22.5%), Phosphorus: 194.64mg (19.46%), Fiber: 4.29g (17.17%), Manganese: 0.33mg (16.71%), Magnesium: 47.23mg (11.81%), Copper: 0.19mg (9.62%), Vitamin B1: 0.14mg (9.49%), Vitamin B3: 1.89mg (9.46%), Iron: 1.6mg (8.91%), Vitamin B2: 0.13mg (7.43%), Vitamin A: 371.43IU (7.43%), Vitamin B5: 0.74mg (7.38%), Calcium: 69.77mg (6.98%), Folate: 26.45µg (6.61%), Zinc: 0.7mg (4.7%), Vitamin E: 0.68mg (4.56%), Selenium: 1.54µg (2.21%), Vitamin D: 0.21µg (1.41%)