



Celery Root and Potato Mash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lbs celery roots peeled
- ☐ 2 tablespoons flat-leaf parsley whole chopped
- ☐ 3 garlic cloves minced
- ☐ 3 tbsp hazelnut oil
- ☐ 3 tablespoons hazelnuts divided toasted chopped
- ☐ 16 servings bell pepper
- ☐ 1.5 tbsp sea salt divided
- ☐ 0.8 cup whipping cream

☐ 3 pounds yukon gold potatoes peeled

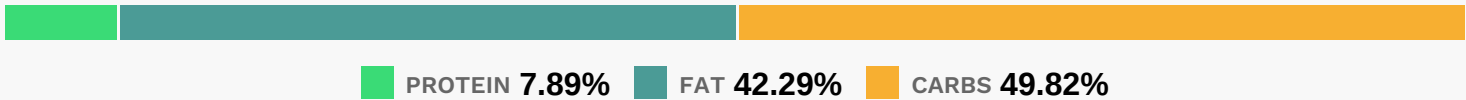
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ potato masher

Directions

- ☐ Cut vegetables separately into 2-in. chunks. Put each in a separate saucepan, add enough cold water to barely cover, and add 1 1/2 tsp. salt to potatoes and 1 tsp. to celery root. Bring to a boil over high heat, then lower heat and simmer until tender, about 15 minutes.
- ☐ Transfer vegetables to a large bowl and reserve their cooking liquids.
- ☐ While vegetables cook, simmer cream and garlic in a small pot, covered, until garlic is tender, about 10 minutes.
- ☐ Using a potato masher, mash vegetables until smooth, drizzling in garlic cream and enough celery root cooking liquid to make it as loose as you like (if you need more, use potato cooking liquid).
- ☐ Mix in chopped parsley and 2 1/2 tbsp. hazelnuts. Season to taste with salt and pepper.
- ☐ Swirl in hazelnut oil and sprinkle with remaining 1/2 tbsp. hazelnuts and the parsley leaves.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:12.08, Inflammation Score:-9, Nutrition Score:16.252173856549%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 164.08kcal (8.2%), Fat: 8.1g (12.46%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 17.14g (6.23%), Sugar: 4.78g (5.31%), Cholesterol: 12.61mg (4.2%), Sodium: 699.53mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin C: 114.46mg (138.74%), Vitamin A: 2731.77IU (54.64%), Vitamin B6: 0.52mg (26.05%), Vitamin K: 26.56µg (25.29%), Vitamin E: 2.89mg (19.28%), Manganese: 0.39mg (19.26%), Potassium: 654.32mg (18.69%), Fiber: 4.33g (17.3%), Folate: 66.53µg (16.63%), Magnesium: 37.42mg (9.36%), Phosphorus: 91.11mg (9.11%), Vitamin B3: 1.81mg (9.07%), Vitamin B1: 0.13mg (8.87%), Vitamin B2: 0.14mg (8.18%), Copper: 0.16mg (7.79%), Iron: 1.21mg (6.75%), Vitamin B5: 0.64mg (6.44%), Calcium: 44.04mg (4.4%), Zinc: 0.57mg (3.83%), Selenium: 0.96µg (1.37%), Vitamin D: 0.18µg (1.19%)