



Celery Root and Potato Mash



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery leaves chopped
- ☐ 1 pound celery root peeled cut into 1/2-inch pieces (4 cups) (celeriac)
- ☐ 2.5 pounds baking potatoes peeled cut into 1-inch pieces (6 1/2 cups)
- ☐ 0.3 cup butter unsalted cut into pieces ()
- ☐ 0.5 cup milk whole ()

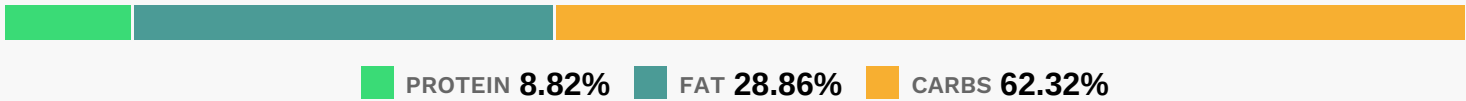
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Cook celery root in large pot of boiling salted water 5 minutes.
- ☐ Add potatoes to pot; cook until all vegetables are tender, about 20 minutes.
- ☐ Drain. Return vegetables to pot; stir over medium-high heat until dry, 1 to 2 minutes.
- ☐ Remove from heat; add butter. Using potato masher, mashvegetables until butter is incorporated.
- ☐ Add 1/2 cup milk; mash until almost smooth, adding more milk as needed. Stir in celery leaves. Season with salt and pepper.
- ☐ The lemony pork is great with Pinot Grigio, a white that's also known for its lemony notes. One to try: CUPCAKE VINEYARDS 2009 PINOT GRIGIO (Trentino doc, \$14), a charmingly bright wine with citrus, pear, and pineapple flavors.

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:17.53, Inflammation Score:-3, Nutrition Score:8.1421738811161%

Flavonoids

Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg, Apigenin: 1.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 157.47kcal (7.87%), Fat: 5.23g (8.05%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.03g (8.37%), Sugar: 2.1g (2.33%), Cholesterol: 13.67mg (4.56%), Sodium: 61.02mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin B6: 0.48mg (23.9%), Vitamin K: 22.81µg (21.72%), Potassium: 643.99mg (18.4%), Phosphorus: 129.64mg (12.96%), Manganese: 0.26mg (12.83%), Vitamin C: 10.28mg (12.46%), Fiber: 2.39g (9.54%), Magnesium: 37.38mg (9.35%), Vitamin B1: 0.12mg (8.27%), Vitamin B3: 1.53mg (7.63%), Copper: 0.15mg (7.58%), Iron: 1.31mg (7.25%), Vitamin B5: 0.57mg (5.67%), Folate: 21.8µg (5.45%), Calcium: 52.98mg (5.3%), Vitamin B2: 0.09mg (5.1%), Vitamin A: 189.27IU (3.79%), Zinc: 0.54mg (3.61%), Vitamin E: 0.33mg (2.19%), Selenium: 1.08µg (1.55%), Vitamin D: 0.22µg (1.46%), Vitamin B12: 0.08µg (1.26%)