



Celery Root and Potato Puree with Roasted Jerusalem Artichoke "Croutons"



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 2 medium celery trimmed peeled cut into 1-inch cubes (8 cups) (celeriac;)
- ☐ 1 bay leaf fresh
- ☐ 1 teaspoon thyme sprigs fresh chopped (for garnish)
- ☐ 3 garlic clove peeled
- ☐ 8 ounces sunchoke scrubbed (also called sunchoke)
- ☐ 2 cups chicken broth
- ☐ 0.5 tablespoon olive oil extra virgin extra-virgin

- ☐ 1 pound baking potatoes peeled cut into 3/4-inch cubes (3 cups)
- ☐ 3 thyme sprigs fresh
- ☐ 4 tablespoons butter unsalted divided ()
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Combine first 7 ingredients in heavy large pot.
- ☐ Add enough water to cover.
- ☐ Sprinkle with salt. Bring to boil, reduce heat to medium, and simmer with lid slightly ajar until vegetables are tender, 15 to 20 minutes.
- ☐ Drain; return to pot. Discard thyme sprigs and bay leaf. Stir over medium heat to dry vegetables. Using potato masher, mash vegetables until coarsely pureed. Mash in 3 1/2 tablespoons butter. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead.
- ☐ Transfer to microwave-safe bowl; cover and chill. Rewarm in microwave before serving.
- ☐ Preheat oven to 425°F.
- ☐ Cut Jerusalem artichokes into 1/2-inch cubes.
- ☐ Place in medium bowl; add oil, sprinkle with salt and pepper, and toss to coat. Dot with remaining 1/2 tablespoon butter.
- ☐ Transfer to rimmed baking sheet; roast until tender and golden brown, turning occasionally, about 25 minutes.
- ☐ Place celery root and potato puree in serving bowl.
- ☐ Sprinkle Jerusalem artichokes and chopped thyme over and serve.

Nutrition Facts



 **PROTEIN 11.58%**  **FAT 44.81%**  **CARBS 43.61%**

Properties

Glycemic Index:51.13, Glycemic Load:14.34, Inflammation Score:-8, Nutrition Score:9.7313043760217%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 230.93kcal (11.55%), Fat: 11.92g (18.34%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 24.16g (8.78%), Sugar: 8.31g (9.23%), Cholesterol: 29.83mg (9.94%), Sodium: 71.85mg (3.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Potassium: 715.16mg (20.43%), Vitamin B6: 0.38mg (18.97%), Phosphorus: 185.45mg (18.54%), Calcium: 132.12mg (13.21%), Iron: 2.31mg (12.85%), Vitamin B1: 0.19mg (12.65%), Vitamin B3: 2.51mg (12.55%), Vitamin B2: 0.2mg (11.76%), Manganese: 0.2mg (9.97%), Vitamin C: 8.04mg (9.75%), Vitamin A: 473.94IU (9.48%), Magnesium: 37.74mg (9.44%), Copper: 0.19mg (9.35%), Vitamin B12: 0.53µg (8.9%), Fiber: 1.95g (7.81%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 1.03µg (6.9%), Vitamin K: 6.93µg (6.6%), Folate: 21.03µg (5.26%), Zinc: 0.74mg (4.9%), Vitamin E: 0.54mg (3.61%), Selenium: 2.47µg (3.53%)