



WHATSheATE

Celery Root Mash



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds celery root
- ☐ 0.5 cup milk
- ☐ 3 tablespoons butter unsalted
- ☐ 6 servings salt to taste

Equipment

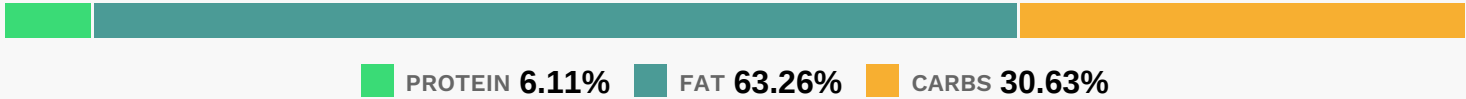
- ☐ frying pan
- ☐ knife
- ☐ pot

- ☐ potato masher
- ☐ stove

Directions

- ☐ a large pot of salted water to a simmer (1 Tbsp of salt for every 2 quarts of water).
- ☐ Peel and cube the celery root, boil until soft: While the water is coming to a boil, peel the celery roots with a knife.
- ☐ Cut the celery roots into 1-inch pieces.
- ☐ Boil for 25–30 minutes, until soft.
- ☐ Drain the pot, steam the celery root:
- ☐ Drain the pot, return the celery roots to the pot to the stovetop on low. Cover and let the celery roots steam for a minute or to, shaking the pan a bit to prevent sticking.
- ☐ Add the milk or cream, butter and a generous pinch of salt and mash with a potato masher until it is as smooth as you like it.
- ☐ Add salt to taste and garnish with the celery root leaves, if using.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:9.6865217478379%

Flavonoids

Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 13.29g (20.45%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 11.76g (4.27%), Sugar: 3g (3.34%), Cholesterol: 37.46mg (12.49%), Sodium: 351.11mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 63.12µg (60.11%), Phosphorus: 187.06mg (18.71%), Vitamin C: 12.21mg (14.81%), Potassium: 474.15mg (13.55%), Vitamin B6: 0.26mg (12.83%), Manganese: 0.24mg (11.99%), Fiber: 2.72g (10.89%), Vitamin A: 466.48IU (9.33%), Calcium: 79.9mg (7.99%), Magnesium: 31.77mg (7.94%), Vitamin B2: 0.13mg (7.67%), Iron: 1.08mg (6.01%), Vitamin E: 0.89mg (5.93%), Vitamin B5: 0.59mg (5.9%), Copper: 0.11mg (5.46%), Vitamin B3: 1.07mg (5.37%), Vitamin B1: 0.08mg (5.33%), Zinc: 0.55mg

(3.69%), Folate: 13.1µg (3.27%), Vitamin D: 0.42µg (2.82%), Selenium: 1.72µg (2.46%)