



## Celery Root Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 1 pound celery roots
- 0.3 cup half-and-half
- 3 pounds new potatoes
- 0.3 teaspoon pepper
- 1 teaspoon salt

### Equipment

- bowl

potato masher

dutch oven

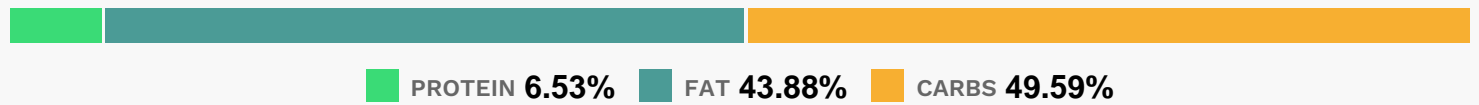
## Directions

Peel potatoes and celery root, and cut into 1/2-inch cubes.

Cook potato and celery root in a Dutch oven in boiling water to cover 15 minutes or until tender; drain and place in a large bowl.

Add butter and remaining ingredients; mash with a potato masher until smooth.

## Nutrition Facts



## Properties

Glycemic Index:18.47, Glycemic Load:22.01, Inflammation Score:-7, Nutrition Score:11.665217486413%

## Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 250.98kcal (12.55%), Fat: 12.54g (19.3%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 27.23g (9.9%), Sugar: 2.4g (2.67%), Cholesterol: 2.65mg (0.88%), Sodium: 484.66mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin C: 35.36mg (42.86%), Vitamin B6: 0.55mg (27.45%), Potassium: 880.36mg (25.15%), Vitamin K: 20.05µg (19.09%), Fiber: 4.67g (18.66%), Manganese: 0.33mg (16.37%), Vitamin A: 792.58IU (15.85%), Phosphorus: 121.11mg (12.11%), Folate: 48.01µg (12%), Magnesium: 46.66mg (11.66%), Copper: 0.21mg (10.26%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.99mg (9.93%), Iron: 1.45mg (8.07%), Vitamin B5: 0.68mg (6.78%), Vitamin B2: 0.11mg (6.28%), Calcium: 55.9mg (5.59%), Vitamin E: 0.63mg (4.2%), Zinc: 0.6mg (3.99%), Selenium: 0.98µg (1.4%)