



Chunky Jerusalem Artichoke and Potato Mash



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 tablespoon kosher salt
- ☐ 1 pound sunchokes unpeeled scrubbed cut into 1- to 1 1/2-inch pieces
- ☐ 1 pound baking potatoes peeled cut into 2-inch pieces

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Combine Jerusalem artichokes and potatoes in large pot.
- ☐ Pour enough cold water over to cover; add 1 tablespoon coarse salt. Bring to boil; reduce heat and boil gently until all vegetables are tender when pierced with knife, about 18 minutes.
- ☐ Drain, reserving cooking liquid. Return vegetables to pot. Mash vegetables, adding reserved cooking liquid by 1/2 cupfuls to moisten until chunky mixture forms. Stir in butter. Season to taste with salt and pepper.
- ☐ Transfer to bowl and serve. DO AHEAD: Can be made 2 hours ahead.
- ☐ Transfer mash to large heatproof bowl.
- ☐ Let stand at room temperature. Rewarm in same bowl set over simmering water, stirring occasionally, before serving.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:6.8178261499042%

Nutrients (% of daily need)

Calories: 165.1kcal (8.26%), Fat: 5.74g (8.84%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 24.66g (8.97%), Sugar: 7.73g (8.59%), Cholesterol: 15.05mg (5.02%), Sodium: 1214.55mg (52.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Potassium: 641.49mg (18.33%), Iron: 3.23mg (17.95%), Vitamin B6: 0.32mg (15.96%), Vitamin B1: 0.21mg (14.24%), Phosphorus: 102.23mg (10.22%), Copper: 0.18mg (9.23%), Vitamin C: 7.33mg (8.89%), Vitamin B3: 1.77mg (8.84%), Fiber: 2.19g (8.77%), Manganese: 0.17mg (8.35%), Magnesium: 30.41mg (7.6%), Vitamin B5: 0.54mg (5.35%), Folate: 20.62µg (5.16%), Vitamin B2: 0.07mg (4.28%), Vitamin A: 190.81IU (3.82%), Calcium: 22.81mg (2.28%), Zinc: 0.32mg (2.13%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.93µg (1.83%), Selenium: 0.9µg (1.29%)