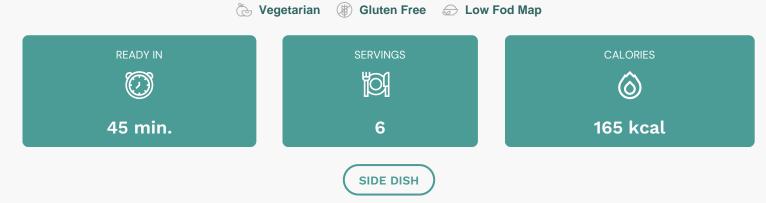


Chunky Jerusalem Artichoke and Potato Mash



Ingredients

3 tablespoons butter
1 tablespoon kosher salt
1 pound sunchokes unpeeled scrubbed cut into 1- to 11/2-inch pieces
1 pound baking potatoes peeled cut into 2-inch pieces

Equipment

bowl
knife
not

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: Og (100%), Alcohol %: O% (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%)