



## Creamy Celery Root Mash

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

### Ingredients

- 2 pounds celery root peeled cut into 1/2-inch cubes (celery root)
- 0.5 teaspoon dill weed dried to taste
- 6 servings salt and ground pepper black to taste
- 0.3 cup cup heavy whipping cream sour to taste

### Equipment

- bowl
- pot
- potato masher

## Directions

- Place celeriac into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain and transfer to a large bowl.
- Mash celeriac, sour cream, and dill together in a large bowl with a potato masher until smooth. Season with salt and pepper.

## Nutrition Facts

**PROTEIN 11.38%** **FAT 23.5%** **CARBS 65.12%**

## Properties

Glycemic Index:11.17, Glycemic Load:3.93, Inflammation Score:-3, Nutrition Score:8.9743478751701%

## 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: 82.94kcal (4.15%), Fat: 2.32g (3.57%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 11.71g (4.26%), Sugar: 2.75g (3.05%), Cholesterol: 5.65mg (1.88%), Sodium: 154.36mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin K: 62.3µg (59.33%), Phosphorus: 181.77mg (18.18%), Vitamin C: 12.22mg (14.82%), Potassium: 469.66mg (13.42%), Manganese: 0.26mg (12.8%), Vitamin B6: 0.26mg (12.76%), Fiber: 2.76g (11.03%), Magnesium: 31.74mg (7.94%), Calcium: 76.62mg (7.66%), Vitamin B2: 0.11mg (6.31%), Iron: 1.12mg (6.2%), Vitamin B5: 0.57mg (5.66%), Copper: 0.11mg (5.47%), Vitamin B3: 1.07mg (5.35%), Vitamin B1: 0.08mg (5.2%), Vitamin E: 0.58mg (3.88%), Zinc: 0.53mg (3.56%), Folate: 12.69µg (3.17%), Selenium: 1.42µg (2.03%), Vitamin A: 65.13IU (1.3%)