



Creamy Mashed Root Vegetables

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



669 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2.5 cups heavy cream
- ☐ 2 tablespoons kosher salt plus more for seasoning
- ☐ 6 servings freshly cracked pepper black
- ☐ 2 pounds turnips
- ☐ 3 tablespoons butter unsalted cut into cubes
- ☐ 5 cups milk whole

☐ 2 pounds yukon gold potatoes

Equipment

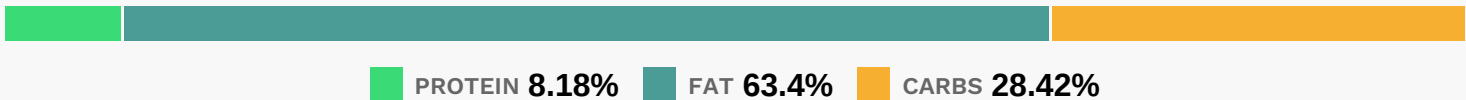
☐ knife

☐ pot

Directions

- ☐ Set a large pot over high heat and add the milk, cream, salt, thyme and bay leaves. Peel and cut the turnips into 1-inch chunks.
- ☐ Add to the pot and cover partially with a lid. Bring to a boil, and then reduce the heat to a simmer and cook the turnips for 30 minutes.
- ☐ Cut the potatoes into 1-inch chunks. After the turnips have cooked for 30 minutes (it takes longer than the potatoes to cook), add the potatoes and continue to simmer until all the vegetables are very tender, about 20 more minutes (the tip of a paring knife should go through with little resistance). Discard the bay leaves and thyme.
- ☐ Drain the turnips and potatoes, reserving 2 cups of cooking liquid, and then mash.
- ☐ Add the cooking liquid and butter.
- ☐ Mix well and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:28.1, Inflammation Score:-9, Nutrition Score:23.937826426133%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 669.14kcal (33.46%), Fat: 48.29g (74.29%), Saturated Fat: 30.25g (189.05%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 42.53g (15.47%), Sugar: 19.61g (21.78%), Cholesterol: 151.51mg (50.5%), Sodium: 2540.75mg (110.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.02%), Vitamin C: 63.22mg

(76.62%), Vitamin A: 1999.39IU (39.99%), Phosphorus: 392.47mg (39.25%), Calcium: 385.59mg (38.56%), Potassium: 1332.26mg (38.06%), Vitamin B6: 0.74mg (37.21%), Vitamin B2: 0.57mg (33.33%), Vitamin D: 3.93µg (26.19%), Fiber: 6.18g (24.7%), Manganese: 0.48mg (23.81%), Vitamin B12: 1.27µg (21.14%), Magnesium: 84.23mg (21.06%), Vitamin B1: 0.32mg (21.06%), Vitamin B5: 1.77mg (17.73%), Copper: 0.31mg (15.64%), Zinc: 1.95mg (12.97%), Folate: 51.42µg (12.86%), Vitamin B3: 2.49mg (12.46%), Selenium: 8.43µg (12.05%), Iron: 1.89mg (10.52%), Vitamin E: 1.24mg (8.25%), Vitamin K: 7.46µg (7.11%)