



WHATSheATE



Creamy Salsify with Horseradish



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons heavy cream
- ☐ 0.8 teaspoon horseradish finely grated
- ☐ 4 servings parsley leaves for garnish
- ☐ 4 servings salt
- ☐ 2 tablespoons butter unsalted
- ☐ 1 gallon water
- ☐ 4 servings pepper white freshly ground
- ☐ 2 tablespoons vinegar white

- ☐ 2.3 pounds salsify black
- ☐ 2.3 pounds salsify black

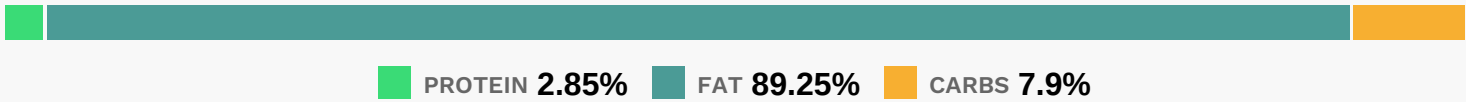
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ In a large bowl, combine 2 quarts of the water with the vinegar. Peel the salsify under cool running water.
- ☐ Cut the roots into 4-inch lengths, adding them to the vinegar water as you work.
- ☐ Drain the salsify, transfer to a medium saucepan and add 2 quarts of fresh water and a generous pinch of salt. Bring to a boil and cook over moderately high heat until tender, 8 to 10 minutes.
- ☐ Drain the salsify, reserving 3 tablespoons of the cooking water. In a food processor, combine the salsify and the reserved cooking water with the cream, butter and horseradish and puree until smooth. Season with salt and white pepper. Work the puree through a fine sieve and serve hot, sprinkled with parsley.
- ☐ Make Ahead: The puree can be refrigerated for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:5.4765217887319%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg,

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Nutrients (% of daily need)

Calories: 97.24kcal (4.86%), Fat: 9.81g (15.1%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.37g (0.41%), Cholesterol: 27.76mg (9.25%), Sodium: 247.42mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin K: 66.45µg (63.29%), Vitamin A: 677.27IU (13.55%), Copper: 0.18mg (8.93%), Vitamin C: 5.81mg (7.04%), Calcium: 48.92mg (4.89%), Manganese: 0.1mg (4.88%), Magnesium: 14.28mg (3.57%), Iron: 0.55mg (3.06%), Fiber: 0.66g (2.62%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.28µg (1.9%), Vitamin B2: 0.03mg (1.76%), Folate: 6.94µg (1.73%), Phosphorus: 14.36mg (1.44%), Zinc: 0.19mg (1.3%), Potassium: 36.19mg (1.03%)