



Curried parsnip mash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter
- ☐ 1 kg parsnips cut into chunks
- ☐ 1 tbsp curry powder
- ☐ 3 tbsp honey
- ☐ 400 ml milk

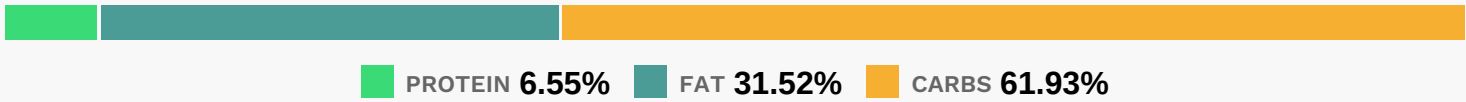
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Melt the butter in a large saucepan, add the parsnips and cook for 5 mins until they start to caramelise.
- ☐ Add the curry powder and honey, and cook for 2 mins.
- ☐ Add the milk, bring to the boil, cover with a lid and simmer for 15 mins or until the parsnips are very tender. Mash with a potato masher and season to taste.

Nutrition Facts



Properties

Glycemic Index:49.32, Glycemic Load:25.64, Inflammation Score:-7, Nutrition Score:24.767391557279%

Flavonoids

Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 392kcal (19.6%), Fat: 14.41g (22.16%), Saturated Fat: 8.5g (53.15%), Carbohydrates: 63.69g (21.23%), Net Carbohydrates: 50.89g (18.5%), Sugar: 29.94g (33.27%), Cholesterol: 39.25mg (13.08%), Sodium: 146.01mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Manganese: 1.48mg (74.21%), Vitamin K: 59.01µg (56.2%), Vitamin C: 42.76mg (51.83%), Fiber: 12.8g (51.22%), Folate: 170.62µg (42.65%), Potassium: 1127.69mg (32.22%), Vitamin E: 4.41mg (29.42%), Phosphorus: 290.79mg (29.08%), Calcium: 228.33mg (22.83%), Magnesium: 89.44mg (22.36%), Vitamin B1: 0.29mg (19.16%), Vitamin B5: 1.91mg (19.09%), Vitamin B2: 0.28mg (16.59%), Copper: 0.32mg (15.98%), Vitamin B6: 0.31mg (15.51%), Zinc: 2.01mg (13.38%), Iron: 2.01mg (11.16%), Selenium: 6.98µg (9.97%), Vitamin A: 494.98IU (9.9%), Vitamin B3: 1.94mg (9.69%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 1.13µg (7.56%)