



Garden Potatoes and Root Vegetables with Greens

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 pound celery root diced peeled (celery root)
- 0.5 cup green onions chopped
- 0.5 teaspoon salt divided
- 2 tablespoons stick margarine
- 1 pound swiss chard coarsely chopped
- 1.5 pounds yukon gold red cubed peeled

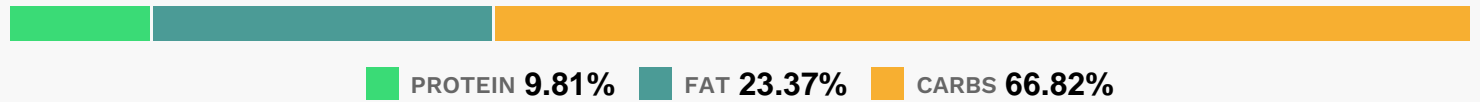
Equipment

- bowl
- potato masher
- dutch oven

Directions

- Place potatoes and celeriac in a Dutch oven; cover with water. Bring to a boil. Stir in 1/4 teaspoon salt; cook 20 minutes.
- Add Swiss chard; cook 10 minutes or until tender.
- Drain well; place potato mixture in a large bowl. Partially mash potatoes with a potato masher; stir in 1/4 teaspoon salt, onions, butter, and pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:17.228695664555%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 120.31kcal (6.02%), Fat: 3.31g (5.09%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 17.35g (6.31%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 320.13mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 492.49µg (469.04%), Vitamin A: 3668.55IU (73.37%), Vitamin C: 30.33mg (36.76%), Manganese: 0.5mg (25.23%), Potassium: 727.83mg (20.8%), Magnesium: 74.33mg (18.58%), Fiber: 3.92g (15.68%), Copper: 0.26mg (12.78%), Folate: 46.29µg (11.57%), Vitamin B6: 0.23mg (11.53%), Vitamin E: 1.65mg (11.01%), Iron: 1.91mg (10.6%), Phosphorus: 101.35mg (10.14%), Vitamin B1: 0.12mg (8.06%), Vitamin B3: 1.44mg (7.18%), Vitamin B2: 0.1mg (5.77%), Calcium: 53.6mg (5.36%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.68mg (4.52%), Selenium: 1.49µg (2.12%)