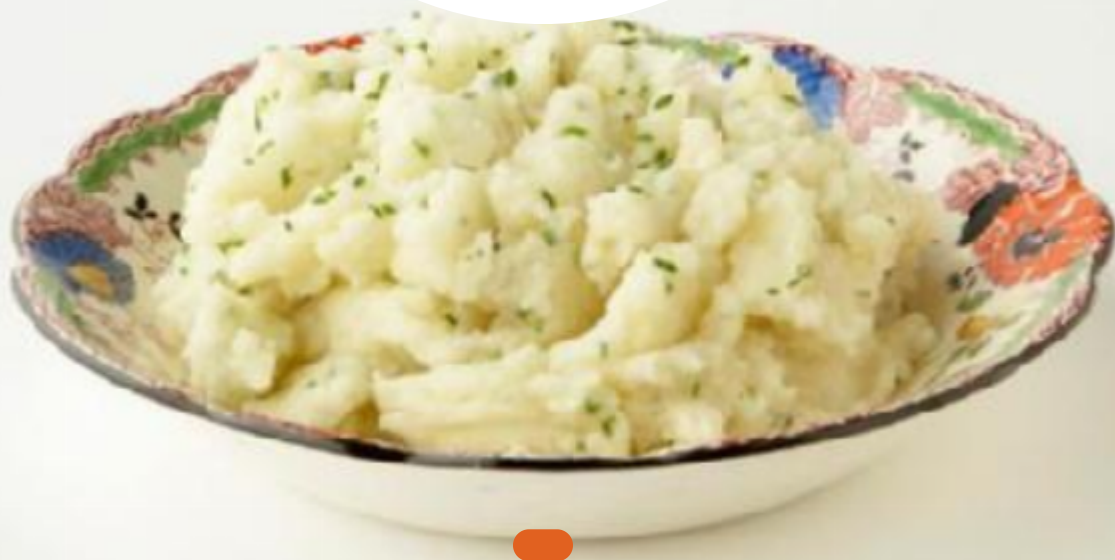




Garlic and Celery Root Mashed Spuds



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup lowfat buttermilk
- ☐ 0.5 pound celery root peeled cut into 2-inch pieces
- ☐ 2 tablespoons chives fresh minced
- ☐ 4 cloves garlic peeled
- ☐ 6 servings salt and ground pepper black
- ☐ 2.5 pounds idaho potatoes peeled cut into 2-inch pieces
- ☐ 2 teaspoons olive oil

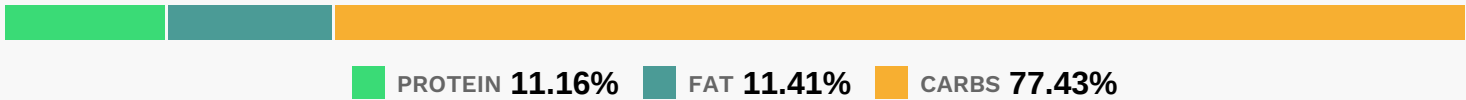
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine potatoes, celery root and garlic cloves.
- ☐ Pour over enough water to cover and set pan over high heat. Bring to a boil, reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender.
- ☐ Drain and transfer potatoes, celery root and garlic to a large bowl.
- ☐ Add buttermilk and olive oil and mash until smooth (or lumpy, whatever you like!). Fold in chives. Season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:28.5, Inflammation Score:-4, Nutrition Score:11.595652191535%

Flavonoids

Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 199.1kcal (9.96%), Fat: 2.61g (4.02%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 36.63g (13.32%), Sugar: 3.28g (3.64%), Cholesterol: 3.3mg (1.1%), Sodium: 79.17mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin B6: 0.75mg (37.58%), Potassium: 954.34mg (27.27%), Vitamin K: 22.12µg (21.07%), Manganese: 0.41mg (20.38%), Vitamin C: 15mg (18.18%), Phosphorus: 176.72mg (17.67%), Magnesium: 55.12mg (13.78%), Fiber: 3.23g (12.92%), Vitamin B1: 0.19mg (12.86%), Copper: 0.24mg (11.88%), Vitamin B3: 2.27mg (11.35%), Iron: 1.97mg (10.92%), Vitamin B5: 0.83mg (8.32%), Vitamin B2: 0.14mg (8.25%), Folate: 32.11µg (8.03%), Calcium: 80.32mg (8.03%), Zinc: 0.82mg (5.45%), Selenium: 2.43µg (3.47%), Vitamin D: 0.39µg (2.6%), Vitamin E: 0.37mg (2.48%), Vitamin B12: 0.14µg (2.3%), Vitamin A: 95.65IU (1.91%)