



## Garlic Mashed Parsnips and Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 2 pounds baking potato cubed peeled
- 1 bay leaf
- 12 garlic cloves halved
- 2 teaspoons olive oil extra-virgin
- 1 pound parsnips peeled sliced
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

### Equipment

- bowl
- blender
- dutch oven

## Directions

- Combine the first 4 ingredients in a Dutch oven; cover with water, and bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until tender.
- Drain, reserving 1 cup cooking liquid. Discard bay leaf.
- Combine potato mixture, reserved cooking liquid, salt, and pepper in a bowl; beat at medium speed of a mixer until smooth.
- Drizzle oil over potatoes.

## Nutrition Facts



## Properties

Glycemic Index:33.13, Glycemic Load:27.2, Inflammation Score:-4, Nutrition Score:13.287826053798%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 197.13kcal (9.86%), Fat: 1.72g (2.64%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 37.15g (13.51%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 306.87mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Manganese: 0.77mg (38.69%), Vitamin B6: 0.66mg (33.23%), Vitamin C: 23.35mg (28.3%), Potassium: 939.32mg (26.84%), Fiber: 5.82g (23.29%), Vitamin K: 20.77µg (19.78%), Folate: 72.04µg (18.01%), Phosphorus: 146.16mg (14.62%), Magnesium: 58.37mg (14.59%), Vitamin B1: 0.2mg (13.61%), Copper: 0.27mg (13.29%), Vitamin B3: 2.14mg (10.69%), Iron: 1.87mg (10.41%), Vitamin B5: 0.95mg (9.46%), Vitamin E: 1.34mg (8.93%), Zinc: 0.96mg (6.38%), Calcium: 58.43mg (5.84%), Vitamin B2: 0.09mg (5.56%), Selenium: 2.82µg (4.03%)