

SIDE DISH

Herbed Butter Parsnips

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	6	\$1.08	424 kcal



Herbed Butter Parsnips could be just the gluten free, lacto ovo vegetarian, primal, and fodmap friendly recipe you've been looking for. This recipe serves 6 and costs \$1.08 per serving. One portion of this dish contains approximately 2g of protein, 35g of fat, and a total of 424 calories.

Ingredients

- ☐ ½ cup mixed chopped fresh herbs, like chervil, parsley and chives
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ ½ pound unsalted butter, softened
- ☐ 6 servings Kosher salt and freshly ground black pepper
- ☐ 2 pounds parsnips, peeled and sliced into circles
- ☐ 1 tablespoon unsalted butter

EQUIPMENT Bowl, Pot

Method

- 1 Put the olive oil and butter into a large pot over medium-high heat.
- 2 Add the vegetables and toss to coat them well with the fat; season with salt and pepper.
- 3 Add 1 cup water and bring to a boil. Lower the heat to a simmer, cover the pot, and cook until the vegetables are tender, about 20 minutes.
- 4 Meanwhile, make the Herb Butter by combining the soft butter and herbs together; season with some salt and pepper.
- 5 To serve, spread some Herb Butter in the bottom of a bowl.
- 6 Add the hot vegetables and dot with more Herb Butter. Moisten with some of the cooking liquid and serve.

Nutrition per serving

424

KCAL

2 g

PROTEIN

35 g

FAT

28 g

CARBS

Saturated Fat	21 g · 131% of daily needs
Fibre	7.6 g · 30% of daily needs
Sugar	7.3 g · 8% of daily needs
Sodium	22.4 mg · 1% of daily needs
Cholesterol	86.3 mg · 29% of daily needs
Vitamin C	32.4 mg · 39% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/herbed-butter-parsnips-142365