



Jazzed-up parsnip mash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg parsnips peeled
- ☐ 85 g butter
- ☐ 1 tsp ground cumin
- ☐ 0.3 tsp chili powder hot
- ☐ 6 servings nutmeg fresh
- ☐ 150 ml milk
- ☐ 2 tbsp hazelnut oil (or 1tbsp walnut oil)

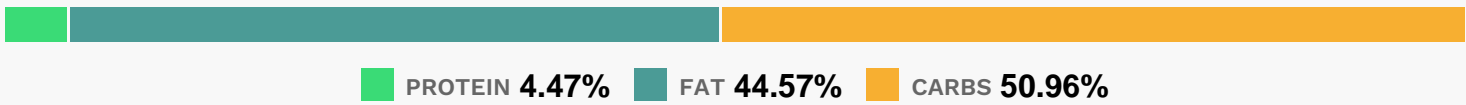
Equipment

☐ sauce pan

Directions

- ☐ Cut the parsnips into large, fairly evensized chunks: the skinny end will make one chunk, then either halve or quarter the bulky part lengthways, remove the core, and cut into similar-sized pieces.
- ☐ Bring a large saucepan of salted water to the boil, tip in the parsnips and cook briskly for 10–15 minutes, half-covered, until tender but not slushy.
- ☐ Drain well, then return parsnips to the saucepan.
- ☐ Push the parsnips to one side and put the butter, spices and plenty of ground black pepper into the space. Return the saucepan to a very low heat and let the butter melt, the spices warm through and the parsnips continue to dry for a few minutes.
- ☐ Now add the milk and oil and mash the parsnips vigorously, until smooth. (They wont look as smooth as potato mash but a quick taste will tell you if there are any lumps left.) Adjust the seasoning, if necessary, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:17.88, Inflammation Score:-7, Nutrition Score:22.626956395481%

Flavonoids

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

Nutrients (% of daily need)

Calories: 356.69kcal (17.83%), Fat: 18.41g (28.33%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 34.64g (12.6%), Sugar: 13.83g (15.37%), Cholesterol: 33.55mg (11.18%), Sodium: 128.61mg (5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Manganese: 1.47mg (73.6%), Vitamin K: 57.46µg (54.72%), Vitamin C: 42.59mg (51.62%), Fiber: 12.74g (50.96%), Folate: 169.51µg (42.38%), Vitamin E: 6.26mg (41.74%), Potassium: 994.73mg (28.42%), Phosphorus: 213.2mg (21.32%), Magnesium: 80.92mg (20.23%), Vitamin B1: 0.25mg (16.63%), Copper: 0.32mg (16.24%), Vitamin B5: 1.61mg (16.13%), Calcium: 132.27mg (13.23%), Vitamin B6: 0.25mg (12.41%), Zinc: 1.66mg (11.05%), Vitamin B2: 0.17mg (9.92%), Iron: 1.78mg (9.88%), Vitamin B3: 1.84mg (9.19%), Vitamin A: 435.42IU (8.71%), Selenium: 5.2µg (7.43%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.28µg (1.89%)