

## Mash Medley

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



167 kcal

SIDE DISH

### Ingredients

- 8 tablespoons butter
- 1 tablespoon chicken stock cube dissolved in 1/2 cup water
- 1 tablespoon rosemary dried
- 1 teaspoon sage dried
- 3 cloves garlic diced finely
- 1 tablespoon sea salt
- 1 teaspoon ground pepper black
- 1 cup milk (antibiotic and hormone free)

- 2 pounds new potatoes cut into large chunks
- 1 pound rutabaga cut into small chunks
- 1 pound turnip cut into small chunks

## Equipment

- pot
- potato masher

## Directions

- Put the potatoes, rutabaga and turnips into a large pot with 3 quarts water. Bring to a boil over high heat, reduce to a simmer and cook until tender, about 20 minutes. Strain and return to the pot.
- Add the milk, butter, chicken base, granulated garlic, rosemary, pepper, sage and fresh garlic and mash with a potato masher until chunky and fully mixed. Adjust the seasoning if necessary.

## Nutrition Facts



■ PROTEIN **7.57%**
■ FAT **44.15%**
■ CARBS **48.28%**

## Properties

Glycemic Index:37.81, Glycemic Load:13.17, Inflammation Score:-5, Nutrition Score:8.1599999614384%

## Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg  
 Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg  
 Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg  
 Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 167.33kcal (8.37%), Fat: 8.48g (13.05%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 20.88g (6.96%),  
 Net Carbohydrates: 17.47g (6.35%), Sugar: 4.79g (5.33%), Cholesterol: 22.56mg (7.52%), Sodium: 202.26mg  
 (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin C: 32.63mg (39.55%), Vitamin  
 B6: 0.33mg (16.59%), Potassium: 554.64mg (15.85%), Fiber: 3.41g (13.62%), Manganese: 0.26mg (13.05%),  
 Phosphorus: 101.09mg (10.11%), Vitamin B1: 0.13mg (8.49%), Magnesium: 33.35mg (8.34%), Calcium: 69.59mg  
 (6.96%), Copper: 0.14mg (6.75%), Folate: 27.02µg (6.75%), Vitamin B3: 1.26mg (6.31%), Iron: 0.99mg (5.52%),  
 Vitamin A: 275.14IU (5.5%), Vitamin B2: 0.09mg (5.09%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.54mg (3.6%), Vitamin

K: 2.73µg (2.6%), Vitamin E: 0.37mg (2.46%), Selenium: 1.63µg (2.33%), Vitamin B12: 0.13µg (2.12%), Vitamin D:  
0.22µg (1.49%)