



## Mashed Celery-root Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

### Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 6 tablespoons butter
- ☐ 3 celery roots
- ☐ 0.3 cup heavy whipping cream
- ☐ 4 pounds russet potatoes
- ☐ 1 tbsp salt

### Equipment

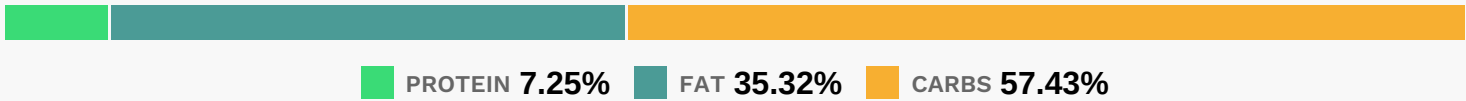
- ☐ bowl

- ☐ pot
- ☐ potato masher

## Directions

- ☐ Peel celery roots and cut into 1-in. pieces. Put in a large pot. Scrub potatoes and cut into 2-in. pieces; add them to pot with celery roots. Cover vegetables with cold water and bring to a boil.
- ☐ Add 1 tbsp. salt and cook until vegetables are tender when pierced with a fork, about 10 minutes.
- ☐ Drain well.
- ☐ Transfer hot vegetables to a large bowl and mash with a potato masher or a large fork.
- ☐ Add butter and cream and stir to combine well. Season with salt and pepper to taste.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.56, Glycemic Load:21.55, Inflammation Score:-4, Nutrition Score:7.1965217473714%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 188.15kcal (9.41%), Fat: 7.61g (11.7%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 25.68g (9.34%), Sugar: 1.22g (1.36%), Cholesterol: 20.65mg (6.88%), Sodium: 643.3mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin B6: 0.53mg (26.56%), Potassium: 664.33mg (18.98%), Manganese: 0.26mg (13.1%), Vitamin C: 8.96mg (10.86%), Magnesium: 36.55mg (9.14%), Phosphorus: 90.27mg (9.03%), Fiber: 2.15g (8.6%), Vitamin B1: 0.13mg (8.5%), Copper: 0.16mg (8.08%), Vitamin B3: 1.6mg (8.02%), Iron: 1.34mg (7.45%), Folate: 25.19µg (6.3%), Vitamin K: 6.46µg (6.16%), Vitamin A: 294.78IU (5.9%), Vitamin B5: 0.5mg (5.01%), Vitamin B2: 0.07mg (3.97%), Zinc: 0.47mg (3.15%), Calcium: 29.41mg (2.94%), Vitamin E: 0.25mg (1.67%), Selenium: 0.87µg (1.24%)