



WHATSheATE



Mashed parsnip & sprout colcannon



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg parsnips peeled
- ☐ 500 g brussels sprouts cooked
- ☐ 25 g butter
- ☐ 200 ml milk
- ☐ 1 bunch spring onion sliced

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ microwave
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Chop the parsnips into large chunks. Boil for 15 mins or until really soft, then use a slotted spoon to drain into a colander. Blanch the sprouts in the same pan.
- ☐ In a bowl, mash the parsnips with the butter and milk, then stir through the sprouts and spring onions.
- ☐ Serve with a knob more butter. Can be chilled for up to a day, or frozen. Simply defrost, then cover and reheat in a microwave, stirring often, until piping hot.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:14.3, Inflammation Score:-8, Nutrition Score:25.273478191832%

Flavonoids

Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 4.12g (6.33%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 29.11g (10.59%), Sugar: 11.69g (12.99%), Cholesterol: 9.81mg (3.27%), Sodium: 64.75mg (2.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 159.32µg (151.73%), Vitamin C: 85.56mg (103.71%), Manganese: 1.27mg (63.32%), Fiber: 11.64g (46.56%), Folate: 165.76µg (41.44%), Potassium: 993.95mg (28.4%), Vitamin E: 3.45mg (22.97%), Phosphorus: 204.15mg (20.42%), Magnesium: 72.51mg (18.13%), Vitamin B1: 0.27mg (18.12%), Vitamin B6: 0.32mg (16.16%), Vitamin B5: 1.42mg (14.2%), Copper: 0.27mg (13.57%), Calcium: 128.37mg (12.84%), Vitamin A: 621.02IU (12.42%), Iron: 2.03mg (11.26%), Vitamin B2: 0.19mg (11.12%), Zinc: 1.49mg (9.93%), Vitamin B3: 1.82mg (9.11%), Selenium: 4.91µg (7.02%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.28µg (1.89%)