



WHATSheATE



Mashed peppered roots with toasted hazelnuts



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 2 kg roasted root vegetable vinaigrette mixed
- ☐ 300 ml milk
- ☐ 85 g butter
- ☐ 75 g hazelnuts toasted
- ☐ 1 small bunch chives snipped

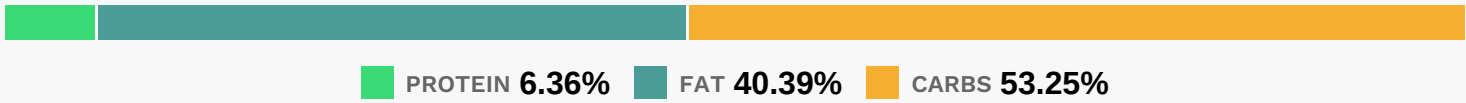
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel and dice all the vegetables and put in a large pan of water. Bring to the boil and simmer for 20–25 mins until soft enough to mash.
- ☐ Drain, then add the milk and butter to the dry pan, and heat until the butter has melted. Tip the veg back into the pan, season with lots of cracked black pepper and mash over a low heat.
- ☐ Remove from the heat and spoon into a serving bowl. Scatter with hazelnuts, drizzle with the oil (if using) and sprinkle the chives over.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:23.75, Inflammation Score:-8, Nutrition Score:32.072608667871%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 461.21kcal (23.06%), Fat: 21.74g (33.45%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 46.94g (17.07%), Sugar: 19.04g (21.16%), Cholesterol: 36.65mg (12.22%), Sodium: 144.04mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Manganese: 2.64mg (132.15%), Vitamin K: 79.34µg (75.56%), Fiber: 17.56g (70.25%), Vitamin C: 57.84mg (70.11%), Folate: 238.58µg (59.65%), Vitamin E: 7.2mg (47.98%), Potassium: 1417.72mg (40.51%), Phosphorus: 328.79mg (32.88%), Magnesium: 123.79mg (30.95%), Copper: 0.62mg (30.83%), Vitamin B1: 0.41mg (27.37%), Vitamin B5: 2.32mg (23.25%), Calcium: 201.69mg (20.17%), Vitamin B6: 0.4mg (20.16%), Zinc: 2.5mg (16.67%), Vitamin B2: 0.26mg (15.15%), Iron: 2.57mg (14.26%), Vitamin B3: 2.62mg (13.11%), Selenium: 7.43µg (10.61%), Vitamin A: 469.08IU (9.38%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.57µg (3.78%)