



Mashed Potato, Rutabaga, and Parsnip Casserole with Caramelized Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



341 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds baking potatoes cubed peeled
- ☐ 1 bay leaf
- ☐ 0.8 cup butter softened
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 cloves garlic
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 7 cups chicken broth low-sodium

- ☐ 3 onions thinly sliced
- ☐ 1.3 pounds parsnips cubed peeled
- ☐ 1.5 pounds rutabagas cubed peeled

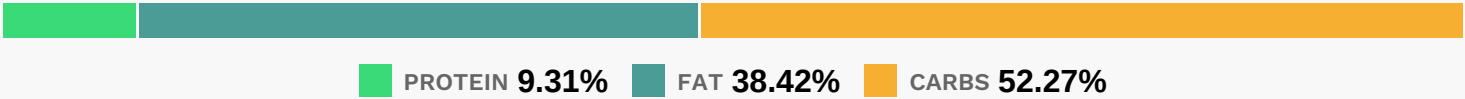
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine chicken broth, potatoes, rutabagas, parsnips, garlic, bay leaf, and thyme in a large pot. Bring to a boil. Reduce heat, and cover partially. Simmer until vegetables are very tender, about 30 minutes.
- ☐ Drain.
- ☐ Transfer vegetables to large bowl.
- ☐ Add 1/2 cup butter or margarine . Use an electric mixer, beat mixture until mashed but still chunky. Season with salt and pepper.
- ☐ Transfer mashed vegetables to a buttered 13 x 9 x 2 inch baking dish.
- ☐ Melt remaining 1/4 cup butter or margarine in a heavy large skillet over medium-high heat.
- ☐ Add sliced onions.
- ☐ Saute until beginning to brown, about 5 minutes. Reduce heat to medium-low.
- ☐ Saute until onions are tender and golden brown, about 15 minutes. Season with salt and pepper.
- ☐ Spread onions evenly over mashed vegetables. Casserole can be prepared up to 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake, uncovered, for 25 minutes, or until heated through and top begins to crisp.

Nutrition Facts



Properties

Glycemic Index:34.78, Glycemic Load:27.22, Inflammation Score:-7, Nutrition Score:16.71869575459%

Flavonoids

Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg, Apigenin: 2.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 341.04kcal (17.05%), Fat: 15.24g (23.45%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 39.87g (14.5%), Sugar: 8.25g (9.17%), Cholesterol: 36.6mg (12.2%), Sodium: 181.47mg (7.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Vitamin C: 37.65mg (45.64%), Manganese: 0.72mg (36.22%), Potassium: 1193.74mg (34.11%), Vitamin B6: 0.68mg (33.8%), Fiber: 6.79g (27.15%), Vitamin B3: 4.61mg (23.07%), Phosphorus: 218.42mg (21.84%), Folate: 78.49µg (19.62%), Vitamin K: 18.65µg (17.77%), Magnesium: 67.64mg (16.91%), Copper: 0.34mg (16.83%), Vitamin B1: 0.25mg (16.35%), Iron: 2.4mg (13.35%), Vitamin B2: 0.17mg (9.88%), Vitamin E: 1.47mg (9.83%), Vitamin B5: 0.93mg (9.34%), Calcium: 92.4mg (9.24%), Vitamin A: 434.02IU (8.68%), Zinc: 1.16mg (7.76%), Selenium: 2.73µg (3.9%), Vitamin B12: 0.19µg (3.24%)