



Mashed Potatoes and Parsnips

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- 2 cups baking potato cubed peeled
- 2 teaspoons butter
- 0.3 teaspoon coarsely ground pepper black
- 0.5 cup half-and-half
- 0.8 teaspoon kosher salt
- 2 cups parsnips peeled chopped

Equipment

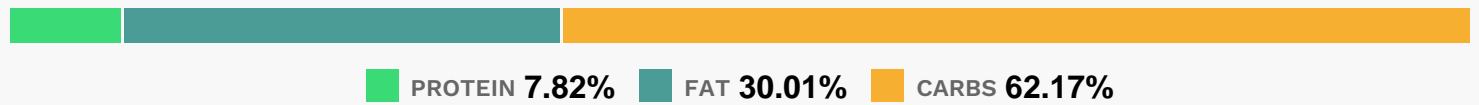
- frying pan

- sauce pan
- potato masher

Directions

- Place parsnip and potato in a saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until very tender.
- Drain and return to pan.
- Add remaining ingredients; mash with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:9.4830434011376%

Flavonoids

Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 166.99kcal (8.35%), Fat: 5.77g (8.88%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.91g (5.45%), Cholesterol: 15.96mg (5.32%), Sodium: 480.98mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Manganese: 0.51mg (25.38%), Vitamin C: 15.85mg (19.21%), Potassium: 604.41mg (17.27%), Fiber: 4.27g (17.06%), Vitamin B6: 0.33mg (16.71%), Vitamin K: 17.09µg (16.27%), Folate: 56.06µg (14.01%), Phosphorus: 118mg (11.8%), Magnesium: 39.83mg (9.96%), Vitamin B1: 0.13mg (8.71%), Copper: 0.16mg (8.09%), Vitamin E: 1.13mg (7.56%), Vitamin B5: 0.72mg (7.17%), Vitamin B2: 0.12mg (6.93%), Calcium: 67.48mg (6.75%), Vitamin B3: 1.28mg (6.39%), Iron: 1.07mg (5.94%), Zinc: 0.73mg (4.88%), Selenium: 2.5µg (3.57%), Vitamin A: 170.99IU (3.42%), Vitamin B12: 0.06µg (1.03%)