

SIDE DISH

Mashed Potatoes and Parsnips

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.43	167 kcal

Mashed Potatoes and Parsnips is a gluten free, lacto ovo vegetarian, and fodmap friendly recipe with 4 servings. One serving contains 167 calories, 3g of protein, and 6g of fat. For 43 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups cubed peeled baking potato
- ☐ 2 teaspoons butter
- ☐ ¼ teaspoon coarsely ground black pepper
- ☐ ½ cup half-and-half
- ☐ ¾ teaspoon kosher salt
- ☐ 2 cups chopped peeled parsnip

EQUIPMENT Frying pan, Sauce pan, Potato masher

Method

- 1

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.
- 2

Drain and return to pan.
- 3

Add remaining ingredients; mash with a potato masher to desired consistency.

Nutrition per serving

167	3 g	6 g	27 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.5 g · 22% of daily needs
Fibre			4.3 g · 17% of daily needs
Sugar			4.9 g · 5% of daily needs
Sodium			481 mg · 21% of daily needs
Cholesterol			16 mg · 5% of daily needs
Vitamin C			15.9 mg · 19% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mashed-potatoes-and-parsnips-148352