



WHATSheATE



Mashed Potatoes and Parsnips With Caramelized Onions and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 3 baking potatoes cubed peeled (such as Yukon gold, 2 pounds)
- ☐ 0.3 cup cheese blue crumbled
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 lb parsnips peeled cut into 1-inch pieces

- ☐ 0.3 teaspoon salt
- ☐ 3 large onion white thinly sliced

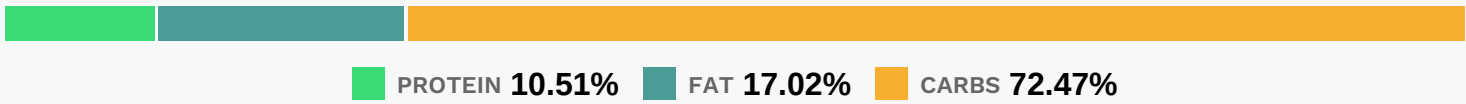
Equipment

- ☐ frying pan
- ☐ pot
- ☐ hand mixer

Directions

- ☐ Heat oil in a large skillet over high heat; reduce to medium. Cook onions with sugar and salt, stirring occasionally, until onions brown, 20 to 25 minutes.
- ☐ Add a few tablespoons water as you cook to keep onions from sticking or burning. Fill a medium stockpot $\frac{3}{4}$ full with cold water.
- ☐ Add potatoes and parsnips; bring to a boil over high heat. Reduce heat and simmer until potatoes and parsnips are fork-tender, 20 to 25 minutes, then drain. Beat $\frac{1}{4}$ of potato parsnip mixture and 3 ounces broth in a mixing bowl with an electric mixer on medium speed until smooth. Repeat, alternating between potato-parsnip mixture and broth, until you've incorporated all. Fold in onions, cheese and thyme, and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index: 29.47, Glycemic Load: 16.52, Inflammation Score: -10, Nutrition Score: 11.107826119532%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 179.62kcal (8.98%), Fat: 3.56g (5.48%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 28.96g (10.53%), Sugar: 8.59g (9.54%), Cholesterol: 3.16mg (1.05%), Sodium: 147.49mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Manganese: 0.56mg (28.15%), Vitamin C: 22.56mg (27.34%), Vitamin B6: 0.42mg (20.79%), Fiber: 5.14g (20.56%), Potassium: 696.69mg (19.91%), Folate: 62.59µg (15.65%), Vitamin K: 15.57µg (14.83%), Phosphorus: 133mg (13.3%), Magnesium: 46.32mg (11.58%), Copper: 0.21mg (10.63%), Vitamin B3: 1.99mg (9.95%), Vitamin B1: 0.14mg (9.66%), Iron: 1.74mg (9.64%), Calcium: 80.96mg (8.1%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.11mg (6.57%), Zinc: 0.87mg (5.78%), Selenium: 2.27µg (3.24%), Vitamin A: 158.83IU (3.18%), Vitamin B12: 0.1µg (1.6%)