



Mashed Potatoes and Parsnips with Crisp Root Vegetable Strips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 12 sage leaves fresh
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup nutritional yeast
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 pounds parsnips dry rinsed scrubbed
- ☐ 0.8 teaspoon pepper divided
- ☐ 0.3 cup vegan margarine

- ☐ 1.5 qts vegetable broth
- ☐ 1.5 pounds yukon gold potatoes dry rinsed scrubbed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat oven to 400
- ☐ Peel parsnips and potatoes, saving peels. On a rimmed baking sheet, toss peels with oil, sage, and 1/4 tsp. each salt and pepper, and spread out evenly.
- ☐ Bake for 10 minutes, stir, then cook until golden and crisp, stirring another time, 4 to 6 minutes. Keep warm.
- ☐ Cut parsnips and potatoes into 2-in. chunks, put in a medium pot with broth, cover, and bring to a boil over high heat. Reduce heat and simmer until parsnips are very tender when pierced, 25 to 30 minutes.
- ☐ Drain, reserving liquid.
- ☐ Return vegetables to pot with 1 cup broth (save remaining broth for other uses) and beat with a mixer or mash until as smooth as you like.
- ☐ Add coconut spread, yeast, and remaining 3/4 tsp. salt and 1/2 tsp. pepper; stir well.
- ☐ Transfer to a warm bowl. Top with some of root vegetable strips and serve the rest on the side.
- ☐ *Find butterlike coconut spread, such as Earth Balance, as well as nutritional yeast at health-food stores or Whole Foods Market.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:17.71, Inflammation Score:-7, Nutrition Score:13.190434922343%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 221.97kcal (11.1%), Fat: 9.11g (14.01%), Saturated Fat: 2g (12.52%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 26.71g (9.71%), Sugar: 6.26g (6.95%), Cholesterol: 0mg (0%), Sodium: 1074.98mg (46.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin C: 31.21mg (37.83%), Manganese: 0.64mg (31.86%), Vitamin K: 27.87µg (26.54%), Fiber: 6.43g (25.74%), Vitamin E: 3.48mg (23.18%), Potassium: 709.96mg (20.28%), Copper: 0.38mg (19.06%), Folate: 70.62µg (17.66%), Vitamin B6: 0.33mg (16.4%), Vitamin A: 740.3IU (14.81%), Magnesium: 44.66mg (11.16%), Phosphorus: 109.56mg (10.96%), Vitamin B1: 0.14mg (9.66%), Vitamin B5: 0.76mg (7.65%), Vitamin B3: 1.49mg (7.47%), Iron: 1.29mg (7.17%), Zinc: 0.75mg (5.02%), Calcium: 42.26mg (4.23%), Vitamin B2: 0.07mg (4.13%), Selenium: 1.8µg (2.57%)