



Mashed Potatoes and Turnips

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1-inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.5 onion peeled
- ☐ 1 ounce parmesan cheese finely grated
- ☐ 1 pound turnip peeled cut into 1-inch pieces

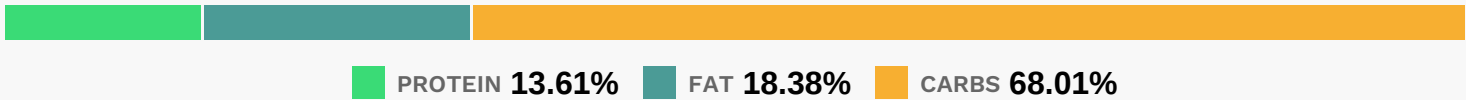
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Push cloves into onion.
- ☐ Place onion, potato, and turnips in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until potato and turnips are tender; drain. Discard onion and cloves. Return potato mixture to pan.
- ☐ Add cheese, sour cream, salt, and pepper to pan; mash with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:13.5, Inflammation Score:-3, Nutrition Score:6.9708696228007%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 117.69kcal (5.88%), Fat: 2.49g (3.83%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 18.18g (6.61%), Sugar: 3.76g (4.17%), Cholesterol: 7.46mg (2.49%), Sodium: 339.24mg (14.75%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.14g (8.28%), Vitamin C: 20.95mg (25.39%), Vitamin B6: 0.35mg (17.29%), Potassium: 503.18mg (14.38%), Manganese: 0.25mg (12.35%), Phosphorus: 101.54mg (10.15%), Fiber: 2.52g (10.08%), Calcium: 90.39mg (9.04%), Copper: 0.15mg (7.52%), Magnesium: 29.38mg (7.34%), Vitamin B1: 0.1mg (6.78%), Folate: 25.02µg (6.25%), Vitamin B3: 1.11mg (5.53%), Iron: 0.93mg (5.19%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.08mg (4.59%), Vitamin B5: 0.41mg (4.07%), Selenium: 2.83µg (4.05%), Vitamin B12: 0.1µg (1.73%), Vitamin K: 1.74µg (1.65%), Vitamin A: 73.7IU (1.47%)