



Mashed Potatoes and Turnips with Roasted Pear Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 8 bosc pear cored peeled quartered
- ☐ 1.5 cups butter room temperature (3 sticks)
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 pounds turnip white peeled cut into 2-inch pieces
- ☐ 5 pounds yukon gold potatoes peeled cut into 2-inch pieces

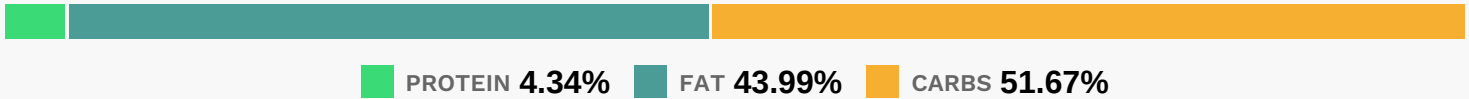
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine honey, lemon juice, and melted butter in large bowl.
- ☐ Add pears; toss to coat. Arrange pears in single layer on large rimmed baking sheet.
- ☐ Sprinkle with salt and pepper. Roast pears 30 minutes. Turn pears to coat with juices and roast until very tender, about 35 minutes longer.
- ☐ Transfer pears and caramelized liquids to food processor; blend until smooth. (Pear puree can be made 2 days ahead. Cover and refrigerate.)
- ☐ Cook potatoes and turnips in separate large pots of generously salted water until tender, about 25 minutes.
- ☐ Drain well.
- ☐ Transfer turnips to processor; puree until smooth. Mash potatoes with room-temperature butter in large bowl until smooth. Stir in pureed turnips. Season to taste with salt and pepper. (Can be prepared 6 hours ahead. Cover and refrigerate. Rewarm in microwave before continuing.)
- ☐ Rewarm pear puree.
- ☐ Place potato-turnip mixture in large serving bowl. Swirl in pear puree and serve.

Nutrition Facts



Properties

Glycemic Index:18.49, Glycemic Load:26.28, Inflammation Score:-6, Nutrition Score:11.594347933064%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 344.85kcal (17.24%), Fat: 17.57g (27.03%), Saturated Fat: 11g (68.76%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 39.53g (14.37%), Sugar: 16.35g (18.16%), Cholesterol: 45.75mg (15.25%), Sodium: 184.45mg (8.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Vitamin C: 44.41mg (53.83%), Fiber: 6.91g (27.66%), Vitamin B6: 0.5mg (24.89%), Potassium: 818.09mg (23.37%), Manganese: 0.34mg (17%), Copper: 0.28mg (13.82%), Magnesium: 45.71mg (11.43%), Phosphorus: 112.25mg (11.23%), Vitamin A: 557.02IU (11.14%), Vitamin B1: 0.15mg (9.88%), Folate: 38.53µg (9.63%), Vitamin B3: 1.88mg (9.41%), Iron: 1.46mg (8.13%), Vitamin K: 8.16µg (7.77%), Vitamin B5: 0.61mg (6.06%), Vitamin B2: 0.09mg (5.59%), Calcium: 47.57mg (4.76%), Zinc: 0.68mg (4.57%), Vitamin E: 0.63mg (4.23%), Selenium: 1.17µg (1.67%)