

Mashed Roots

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potato cubed peeled
- ☐ 2 bay leaves
- ☐ 5 tablespoons butter reduced-calorie
- ☐ 12 ounces parsnips peeled sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk
- ☐ 12 ounces turnip cubed peeled

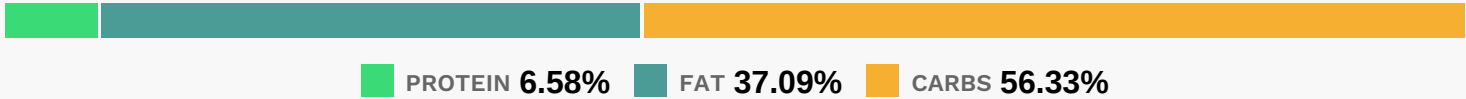
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place first 4 ingredients in a large saucepan; cover with water, and bring to a boil. Cook 20 minutes or until vegetables are very tender.
- ☐ Drain well; discard bay leaves. Return vegetables to pan; add margarine, milk, salt, and pepper. Beat at medium speed of a mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:22.07, Inflammation Score:-6, Nutrition Score:12.137826017711%

Flavonoids

Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 240.37kcal (12.02%), Fat: 10.25g (15.77%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 35.03g (11.68%), Net Carbohydrates: 29.72g (10.81%), Sugar: 6.1g (6.77%), Cholesterol: 0.31mg (0.1%), Sodium: 363.53mg (15.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin C: 28.05mg (34%), Manganese: 0.59mg (29.28%), Vitamin B6: 0.5mg (25.06%), Potassium: 817.33mg (23.35%), Fiber: 5.3g (21.21%), Folate: 62.77µg (15.69%), Vitamin K: 14.99µg (14.28%), Phosphorus: 131.86mg (13.19%), Magnesium: 50.54mg (12.64%), Copper: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.58%), Vitamin A: 465.25IU (9.3%), Vitamin B3: 1.81mg (9.07%), Vitamin B5: 0.84mg (8.43%), Vitamin E: 1.26mg (8.37%), Iron: 1.5mg (8.36%), Calcium: 70.1mg (7.01%), Vitamin B2: 0.1mg (5.94%), Zinc: 0.87mg (5.77%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.07µg (1.19%)