

Mashed Roots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 4.5 tablespoons butter
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1.5 pounds parsnips coarsely chopped
- ☐ 2.3 pounds rutabaga peeled chopped
- ☐ 2.3 teaspoons salt
- ☐ 2 cups milk whole
- ☐ 1.8 pounds yukon gold potatoes peeled coarsely chopped

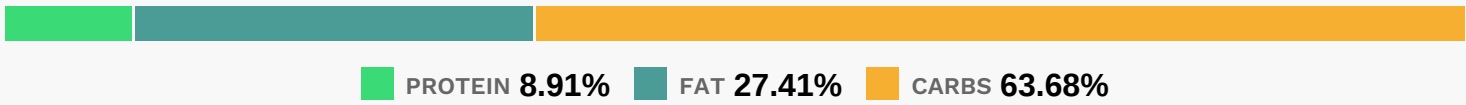
Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place first 3 ingredients in a Dutch oven. Cover with water to 2 inches above vegetables, and bring to a boil. Reduce heat, and simmer for 25 minutes or until rutabaga is very tender; drain. Return pan to heat.
- ☐ Add milk and butter to pan; cook for 1 minute or until thoroughly heated.
- ☐ Add rutabaga mixture to pan; mash with a potato masher to desired consistency. Stir in salt, mustard, and pepper.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:16.93, Inflammation Score:-6, Nutrition Score:13.198260804881%

Flavonoids

Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 187.66kcal (9.38%), Fat: 5.95g (9.15%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 24.85g (9.04%), Sugar: 9g (10%), Cholesterol: 16.17mg (5.39%), Sodium: 511.98mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin C: 43.93mg (53.25%), Manganese: 0.55mg (27.57%), Fiber: 6.25g (24.99%), Potassium: 815.46mg (23.3%), Vitamin B6: 0.36mg (17.85%), Folate: 66.65µg (16.66%), Phosphorus: 166.24mg (16.62%), Vitamin K: 14.97µg (14.26%), Vitamin B1: 0.2mg (13.66%), Magnesium: 54.18mg (13.54%), Calcium: 117.42mg (11.74%), Vitamin B3: 1.74mg (8.7%), Copper: 0.17mg (8.48%), Vitamin B2: 0.14mg (8.36%), Vitamin E: 1.25mg (8.35%), Vitamin B5: 0.83mg (8.33%), Iron: 1.25mg (6.95%), Zinc: 0.91mg (6.06%), Selenium: 2.86µg (4.08%), Vitamin A: 201.23IU (4.02%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.45µg (2.98%)