



Mashed Rutabaga with Sour Cream and Dill

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- 2 pounds rutabaga peeled chopped
- 4 servings salt and pepper black
- 2 teaspoons butter
- 0.3 cup cream sour to taste (more or less)
- 2 Tbsp optional: dill fresh chopped

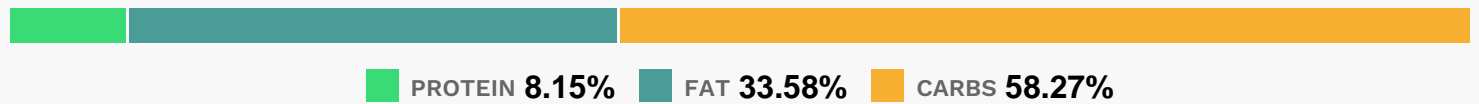
Equipment

- pot
- potato masher

Directions

- Boil chopped rutabaga until tender: Cover the chopped rutabaga with about 1 inch of cold water and bring to a boil.
- Add a generous pinch of salt and boil until tender, about 30–40 minutes.
- Drain and return the rutabagas to the pot.
- Let steam, then mash: Reduce the heat to low and let the rutabaga steam for a minute or two. Mash with a potato masher.
- Add the butter, sour cream, and salt and pepper to taste. Just before you serve, mix in the chopped dill or chives.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:10.32, Inflammation Score:-6, Nutrition Score:10.660434538903%

Flavonoids

Apigenin: 8.73mg, Apigenin: 8.73mg, Apigenin: 8.73mg, Apigenin: 8.73mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg, Myricetin: 4.83mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 130.39kcal (6.52%), Fat: 5.18g (7.97%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 15.01g (5.46%), Sugar: 10.61g (11.79%), Cholesterol: 13.86mg (4.62%), Sodium: 241.66mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin C: 57mg (69.09%), Fiber: 5.22g (20.88%), Potassium: 711.81mg (20.34%), Manganese: 0.3mg (15.09%), Vitamin B1: 0.21mg (13.82%), Phosphorus: 131.86mg (13.19%), Folate: 48.86µg (12.22%), Magnesium: 46.96mg (11.74%), Vitamin B6: 0.23mg (11.66%), Calcium: 113.18mg (11.32%), Vitamin B3: 1.61mg (8.03%), Vitamin B2: 0.12mg (6.84%), Iron: 1.02mg (5.68%), Vitamin E: 0.79mg (5.29%), Vitamin B5: 0.41mg (4.15%), Zinc: 0.6mg (3.98%), Copper: 0.08mg (3.78%), Vitamin A: 172IU (3.44%), Selenium: 2.14µg (3.06%), Vitamin K: 1.07µg (1.02%)