



Mashed Turnips and Potatoes with Horseradish Bread Crumbs

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup sandwich bread fresh white firm (from 2 slices sandwich bread)
- ☐ 2 tablespoons horseradish dry drained
- ☐ 2 tablespoons blackstrap molasses (not robust or blackstrap)
- ☐ 1.3 cups orange juice fresh
- ☐ 1 teaspoon orange zest fresh finely grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup spring onion thinly sliced
- ☐ 2.8 lb sweet potatoes and into peeled cut lengthwise into 1-inch-wide wedges
- ☐ 1.3 lb turnip
- ☐ 10 servings butter unsalted for buttering pan
- ☐ 0.8 cup milk whole
- ☐ 2 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Peel potatoes and turnips, then cut into 2-inch pieces. Cover potatoes, turnips, and 2 teaspoons salt by 2 inches cold water in a 6-quart pot. Bring to a boil, then reduce heat and simmer, uncovered, until potatoes are tender, 15 to 18 minutes.
- ☐ While vegetables cook, melt 3 tablespoons butter in a 10-inch heavy skillet (preferably cast-iron), then toast bread crumbs with remaining 1/4 teaspoon salt, stirring frequently, until golden brown, 3 to 5 minutes.
- ☐ Add horseradish and toss until combined well, then transfer to a small bowl.
- ☐ Drain vegetables in a colander, then return to pot and mash. Stir in milk, remaining 4 tablespoons butter, and scallion greens over low heat until combined well and heated through. Season with salt and pepper, then serve topped with bread crumbs.
- ☐ ·Bread crumbs, without horseradish, can be made 1 day ahead and cooled, then kept in a sealed plastic bag. Reheat in a skillet, then toss with horseradish.·Mashed potatoes and turnips, without scallions and bread crumbs, can be made 1 day ahead and chilled, uncovered, until completely cooled, then covered. Reheat in a large metal bowl set over a pot of simmering water, stirring occasionally.

Nutrition Facts



 **PROTEIN 7.96%**  **FAT 15.97%**  **CARBS 76.07%**

Properties

Glycemic Index:52.25, Glycemic Load:30.93, Inflammation Score:-10, Nutrition Score:20.213912886122%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 280.89kcal (14.04%), Fat: 5.1g (7.85%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 54.66g (18.22%), Net Carbohydrates: 47.48g (17.26%), Sugar: 15.15g (16.83%), Cholesterol: 12.95mg (4.32%), Sodium: 272.49mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin A: 17966.04IU (359.32%), Vitamin C: 50.23mg (60.89%), Manganese: 0.65mg (32.41%), Vitamin B6: 0.64mg (31.99%), Potassium: 1087.19mg (31.06%), Fiber: 7.19g (28.75%), Magnesium: 76.83mg (19.21%), Copper: 0.38mg (19.05%), Vitamin B1: 0.26mg (17.25%), Phosphorus: 159.82mg (15.98%), Vitamin B5: 1.58mg (15.77%), Vitamin K: 14.94µg (14.23%), Folate: 56.16µg (14.04%), Iron: 2.14mg (11.86%), Calcium: 116.03mg (11.6%), Vitamin B3: 2.31mg (11.57%), Vitamin B2: 0.17mg (10.25%), Zinc: 0.98mg (6.55%), Selenium: 3.72µg (5.32%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.28µg (1.84%), Vitamin B12: 0.11µg (1.79%)