



WHATSheATE



Parsnip and Apple Puree



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 fuji apples cored peeled
- ☐ 5 large sage leaves fresh
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 pound parsnips peeled cut into chunks
- ☐ 1 shallots peeled sliced
- ☐ 4 tablespoons butter unsalted divided
- ☐ 4 servings water to cover

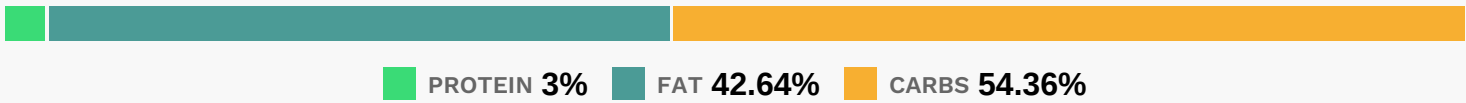
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut 1 1/2 apples into chunks and dice the remaining 1/2 apple into small cubes. Set aside.
- ☐ Add 2 tablespoons of the butter to a saucepan over medium-high heat and stir in the shallots.
- ☐ Saute for a minute or so, then add the apple chunks and cook until slightly golden. Stir in the parsnips, season with salt and pepper, to taste, and cook until caramelized. Once brown on all sides, add the sage leaves and cover with water. Simmer until soft or fork tender. Discard the sage and puree mixture and cooking liquid in a food processor until smooth. Taste for seasoning and adjust, if necessary.
- ☐ In a small saute pan, melt and brown the remaining 2 tablespoons of butter.
- ☐ Add the diced apple, season with a pinch of salt only and saute until the apples are coated and just tender.
- ☐ Transfer the puree to a serving bowl and top with the browned butter coated diced apples.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:11.29, Inflammation Score:-6, Nutrition Score:11.893043540094%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 237.32kcal (11.87%), Fat: 11.86g (18.24%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 26.08g (9.48%), Sugar: 15.41g (17.12%), Cholesterol: 30.1mg (10.03%), Sodium: 220.16mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Manganese: 0.69mg (34.56%), Fiber: 7.94g (31.78%), Vitamin C: 23.96mg (29.05%), Vitamin K: 28.55µg (27.19%), Folate: 81.25µg (20.31%), Copper: 0.36mg (18.01%), Potassium: 547.1mg (15.63%), Vitamin E: 2.18mg (14.54%), Magnesium: 41.49mg (10.37%), Phosphorus: 97.65mg (9.77%), Vitamin B1: 0.12mg (8.14%), Vitamin B6: 0.16mg (8.07%), Vitamin A: 399.25IU (7.99%), Vitamin B5: 0.77mg (7.69%), Calcium: 59.51mg (5.95%), Zinc: 0.77mg (5.12%), Vitamin B2: 0.09mg (5.08%), Iron: 0.86mg (4.8%), Vitamin B3: 0.89mg (4.47%), Selenium: 2.26µg (3.22%), Vitamin D: 0.21µg (1.4%)