



Parsnip and Carrot Puree



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter divided
- ☐ 2 carrots peeled cut into 2-inch pieces
- ☐ 0.3 cup chives snipped
- ☐ 8 parsnips peeled cut into 2 inch pieces
- ☐ 4 servings sea salt and pepper black freshly ground to taste

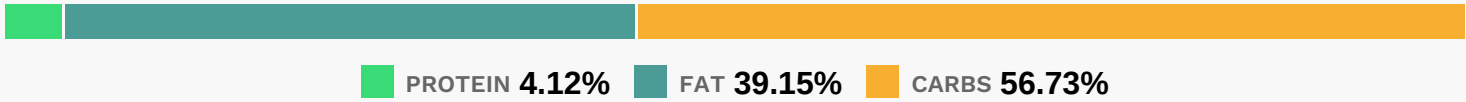
Equipment

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Place the parsnips and carrots into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 15 to 20 minutes.
- ☐ Drain; return vegetables to pot. Turn heat to low, stir in the chives and 3 tablespoons of butter.
- ☐ Begin to puree mixture using an immersion blender.
- ☐ Add 3 tablespoons of butter and continue to puree until mixture is smooth. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:22.11, Inflammation Score:-10, Nutrition Score:31.200869503229%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 396.58kcal (19.83%), Fat: 18.06g (27.78%), Saturated Fat: 10.96g (68.52%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 42.74g (15.54%), Sugar: 16.39g (18.21%), Cholesterol: 45.15mg (15.05%), Sodium: 187.17mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin A: 5729.49IU (114.59%), Manganese: 1.8mg (90.08%), Vitamin K: 80.73µg (76.89%), Vitamin C: 55.95mg (67.82%), Fiber: 16.13g (64.53%), Folate: 216.77µg (54.19%), Potassium: 1273.87mg (36.4%), Vitamin E: 5.31mg (35.43%), Magnesium: 95.2mg (23.8%), Phosphorus: 237.42mg (23.74%), Vitamin B1: 0.3mg (20.15%), Vitamin B5: 1.98mg (19.76%), Copper: 0.39mg (19.55%), Vitamin B6: 0.33mg (16.27%), Calcium: 129.45mg (12.94%), Zinc: 1.94mg (12.91%), Vitamin B3: 2.5mg (12.48%), Iron: 1.97mg (10.97%), Vitamin B2: 0.18mg (10.76%), Selenium: 5.85µg (8.35%)