



Parsnip and Cauliflower Purée

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- 2 pounds cauliflower trimmed cut into 1-1/2-inch pieces (1 large head)
- 1 medium garlic clove smashed
- 2 teaspoons kosher salt as needed plus more
- 2 tablespoons olive oil
- 8 ounces parsnips peeled cut into large dice (2 medium)
- 6 servings pepper white
- 1.5 cups milk whole

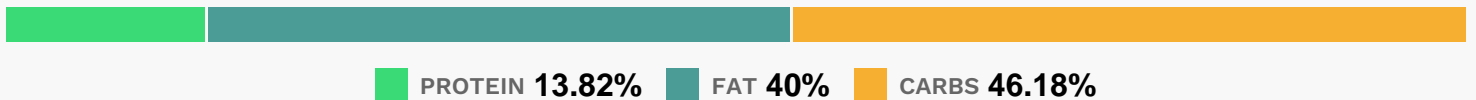
Equipment

- food processor
- bowl
- sauce pan
- knife

Directions

- Heat the oil in a large saucepan with a tightfitting lid over medium–high heat until shimmering.
- Add the cauliflower, parsnips, garlic, measured salt, and pepper to taste and stir to coat with the oil.
- Add the milk and bring to a boil. Reduce the heat to low, cover, and simmer until the vegetables are knife tender, about 20 minutes.
- Transfer the mixture, including the liquid, to the bowl of a food processor fitted with a blade attachment. Process until smooth. Taste and season with additional salt and pepper as needed, then transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:16.072608574577%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 7.2g (11.08%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 13.29g (4.83%), Sugar: 7.64g (8.49%), Cholesterol: 7.32mg (2.44%), Sodium: 847.76mg (36.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin C: 79.88mg (96.82%), Vitamin K: 34.94µg (33.28%), Folate: 111.72µg (27.93%), Manganese: 0.54mg (27.24%), Fiber: 5.41g (21.64%), Potassium: 689mg (19.69%), Vitamin B6: 0.36mg (17.88%), Phosphorus: 159.26mg (15.93%), Vitamin B5: 1.47mg (14.66%), Calcium: 128.63mg (12.86%), Vitamin B2: 0.2mg (11.58%), Magnesium: 42.91mg (10.73%), Vitamin B1: 0.15mg (9.68%), Vitamin E: 1.39mg (9.25%), Iron: 1.19mg (6.59%), Copper: 0.13mg (6.26%), Zinc: 0.91mg (6.08%), Vitamin B3: 1.1mg (5.51%),

Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Selenium: 2.88µg (4.12%), Vitamin A: 98.86IU (1.98%)