



Parsnip and Potato Mash



Vegetarian



Gluten Free

READY IN



48 min.

SERVINGS



9

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1
- ☐ 2 tablespoons butter
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2 pounds parsnips peeled cut into 1
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan

- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place parsnips and potatoes in a Dutch oven; cover with 1" water. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until vegetables are tender.
- ☐ Drain vegetables, and return to hot pan.
- ☐ Add butter, and mash vegetables using a potato masher.
- ☐ Add milk, salt, and pepper. Mash.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:21.19, Inflammation Score:-5, Nutrition Score:12.75521737078%

Flavonoids

Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 184.23kcal (9.21%), Fat: 3.17g (4.87%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 30.75g (11.18%), Sugar: 6.13g (6.81%), Cholesterol: 7.74mg (2.58%), Sodium: 299.68mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Manganese: 0.73mg (36.62%), Vitamin C: 22.91mg (27.77%), Fiber: 6.26g (25.05%), Vitamin K: 24.83µg (23.65%), Potassium: 818.22mg (23.38%), Vitamin B6: 0.44mg (22.19%), Folate: 82.4µg (20.6%), Phosphorus: 139.9mg (13.99%), Magnesium: 54.02mg (13.51%), Vitamin B1: 0.18mg (11.91%), Copper: 0.23mg (11.33%), Vitamin E: 1.59mg (10.59%), Vitamin B5: 0.96mg (9.59%), Vitamin B3: 1.76mg (8.81%), Iron: 1.47mg (8.18%), Calcium: 66.28mg (6.63%), Vitamin B2: 0.11mg (6.42%), Zinc: 0.95mg (6.36%), Selenium: 2.58µg (3.69%), Vitamin A: 92.43IU (1.85%), Vitamin B12: 0.07µg (1.25%)