



## Parsnip, cranberry & chestnut loaf



Vegetarian



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



859 kcal

SIDE DISH

### Ingredients

- ☐ 4 tbsp butter for greasing plus a little extra
- ☐ 3 onion chopped
- ☐ 15 g sage shredded
- ☐ 200 g honey cooked
- ☐ 100 g walnuts
- ☐ 100 g breadcrumbs
- ☐ 0.5 tsp mace
- ☐ 1 eggs beaten

- ☐ 500 g cranberries
- ☐ 175 g sugar
- ☐ 550 g parsnips peeled halved thin
- ☐ 1 tbsp honey

## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

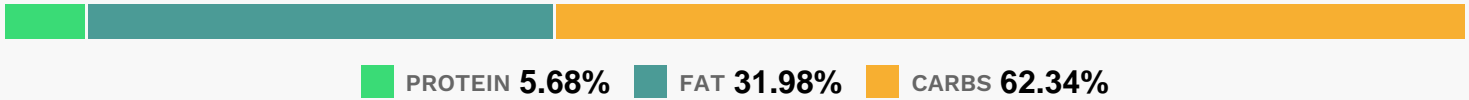
## Directions

- ☐ Melt 1 tbsp butter in a large non-stick pan, add the onions and gently cook for 10–15 mins until very soft. Stir in the sage for 1 min, then tip into a large mixing bowl. Pulse the chestnuts in a food processor until chopped into small bits, then tip these into the bowl with the onions and repeat with the walnuts. Now add the breadcrumbs, mace, beaten egg, 1 tsp salt and some pepper and mix everything together well.
- ☐ Tip the cranberries and sugar into a pan and simmer for about 8–10 mins over a high heat. The sugar will melt and cranberries will pop and become saucy keep bubbling until sticky. Set aside to cool. Grease a 900g loaf tin, line with a long strip of baking parchment that covers the bottom and two ends, then grease this as well.
- ☐ Bring a large pan of salted water to the boil. Throw in the parsnips and boil for 3 mins.
- ☐ Drain well. From the thinner ends, cut off lengths of parsnip that fit widthways across the bottom of your loaf tin. Keep going until you have enough to snugly line the base of the tin. Roughly chop all leftover parsnip and mix into the nut mixture.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Mix the parsnip lengths with 1 more tbsp butter and the honey to coat, then fit them into the tin. Top with 1/3 of the nut mixture pack it down well and smooth the surface.
- ☐ Spread 1/3 of the cranberry sauce on top, leaving a small gap around the edges. Top with the remaining nut mixture and pack down as before. The loaf can be made up to 24 hrs ahead,

then covered and chilled, before continuing. Cover with foil then bake for 1 hr.

- ☐ To serve, melt the remaining 2 tbsp butter in a small pan and sizzle the reserved sage leaves for a minute. Splash water into the remaining cooked cranberries until saucy. Loosen around the sides of the loaf with a round-bladed knife if you need, then turn out.
- ☐ Drizzle with the sage butter and leaves.
- ☐ Serve in slices with extra cranberry sauce.

## Nutrition Facts



### Properties

Glycemic Index:92.59, Glycemic Load:60.86, Inflammation Score:-9, Nutrition Score:33.929130471271%

### Flavonoids

Cyanidin: 58.72mg, Cyanidin: 58.72mg, Cyanidin: 58.72mg, Cyanidin: 58.72mg Delphinidin: 9.59mg, Delphinidin: 9.59mg, Delphinidin: 9.59mg, Delphinidin: 9.59mg Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Peonidin: 61.45mg, Peonidin: 61.45mg, Peonidin: 61.45mg, Peonidin: 61.45mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg, Epigallocatechin 3-gallate: 1.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 8.31mg, Myricetin: 8.31mg, Myricetin: 8.31mg, Myricetin: 8.31mg Quercetin: 36.66mg, Quercetin: 36.66mg, Quercetin: 36.66mg, Quercetin: 36.66mg

### Nutrients (% of daily need)

Calories: 859.04kcal (42.95%), Fat: 31.76g (48.85%), Saturated Fat: 9.77g (61.06%), Carbohydrates: 139.3g (46.43%), Net Carbohydrates: 123.7g (44.98%), Sugar: 65.66g (72.96%), Cholesterol: 71.45mg (23.82%), Sodium: 311.87mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.37%), Copper: 5.57mg (278.4%), Manganese: 2.74mg (137.07%), Vitamin C: 67.48mg (81.79%), Fiber: 15.6g (62.41%), Folate: 195.16µg (48.79%), Vitamin B1: 0.59mg (39.06%), Vitamin K: 40.87µg (38.92%), Potassium: 1166.99mg (33.34%), Vitamin B6: 0.66mg (32.76%), Magnesium: 125.52mg (31.38%), Phosphorus: 308.24mg (30.82%), Vitamin E: 4.36mg (29.03%), Iron: 4.12mg (22.87%), Selenium: 14.37µg (20.52%), Vitamin B5: 2mg (20.02%), Vitamin B2: 0.33mg (19.44%), Vitamin B3: 3.7mg (18.49%), Calcium: 179.06mg (17.91%), Zinc: 2.65mg (17.65%), Vitamin A: 510.61IU (10.21%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.22µg (1.47%)