



Parsnip Mash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes cubed peeled
- ☐ 0.3 cup butter
- ☐ 2 pounds parsnips cut into pieces
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt divided

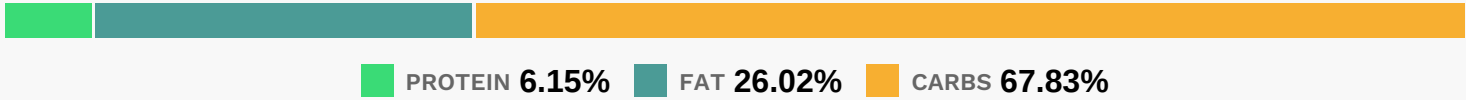
Equipment

- ☐ sauce pan

Directions

- ☐ Bring parsnips, 1 teaspoon salt, and water to cover to a boil in a large saucepan; boil 5 minutes.
- ☐ Add potato, and boil 10 minutes or until tender.
- ☐ Drain and mash; stir in butter, remaining 1/2 teaspoon salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:17.293912811124%

Flavonoids

Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 271.41kcal (13.57%), Fat: 8.16g (12.56%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 38.96g (14.17%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 691.39mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Manganese: 1.05mg (52.37%), Vitamin C: 32.19mg (39.01%), Fiber: 8.93g (35.7%), Vitamin K: 36.33µg (34.6%), Potassium: 1046.17mg (29.89%), Folate: 117.3µg (29.33%), Vitamin B6: 0.53mg (26.43%), Magnesium: 70.51mg (17.63%), Phosphorus: 172.16mg (17.22%), Vitamin E: 2.56mg (17.06%), Vitamin B1: 0.23mg (15.35%), Copper: 0.3mg (15.05%), Vitamin B5: 1.26mg (12.59%), Vitamin B3: 2.24mg (11.18%), Iron: 1.89mg (10.49%), Zinc: 1.22mg (8.16%), Calcium: 73.11mg (7.31%), Vitamin B2: 0.12mg (6.87%), Vitamin A: 340.37IU (6.81%), Selenium: 3.18µg (4.55%)