



Parsnip Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 pound baking potatoes cubed peeled
- 2 tablespoons butter
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon parsley fresh chopped
- 0.3 cup milk 1% low-fat
- 0.8 cup parsnips cubed peeled (1 large)
- 0.5 teaspoon salt

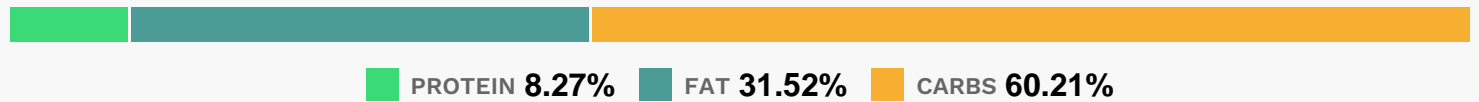
Equipment

- frying pan
- sauce pan
- blender

Directions

- Place potato and parsnip in a medium saucepan; add water to cover. Bring to a boil; reduce heat, and simmer, uncovered, 18 minutes or until tender.
- Drain.
- . Return potato mixture to pan.
- Add broth and next 3 ingredients; beat with a mixer at medium speed until smooth. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:11.88, Inflammation Score:-3, Nutrition Score:5.7769565815511%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 112.03kcal (5.6%), Fat: 4.05g (6.23%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.58g (5.66%), Sugar: 1.94g (2.16%), Cholesterol: 10.69mg (3.56%), Sodium: 286.31mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 16.37µg (15.59%), Vitamin B6: 0.29mg (14.31%), Potassium: 407.07mg (11.63%), Manganese: 0.22mg (10.76%), Vitamin C: 8.02mg (9.72%), Fiber: 1.82g (7.28%), Phosphorus: 69.78mg (6.98%), Magnesium: 24.34mg (6.09%), Folate: 23.26µg (5.82%), Vitamin B1: 0.09mg (5.74%), Copper: 0.1mg (5.07%), Vitamin B3: 0.99mg (4.97%), Iron: 0.81mg (4.5%), Vitamin B5: 0.4mg (3.98%), Vitamin A: 199.23IU (3.98%), Calcium: 35mg (3.5%), Vitamin B2: 0.06mg (3.32%), Zinc: 0.39mg (2.59%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.11µg (1.89%), Selenium: 1.2µg (1.72%)