

**5%**
HEALTH SCORE

Parsnip, Potato, and Turnip Puree

 Vegetarian

READY IN

**80 min.**

SERVINGS

**10**

CALORIES

**248 kcal**

SIDE DISH

Ingredients

- 6 tablespoons butter divided
- 1 ounce cream cheese
- 4 tablespoons optional: dill fresh divided chopped
- 2 garlic clove chopped
- 3 tablespoons olive oil
- 1.3 cups onion finely chopped
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- 1.5 pounds parsnips peeled cut into 1/2- to 3/4-inch cubes

- 1.5 pounds baking potatoes peeled cut into 1/2- to 3/4-inch cubes
- 1 pound turnip peeled cut into 1/2- to 3/4-inch cubes
- 2 cups vegetable stock

Equipment

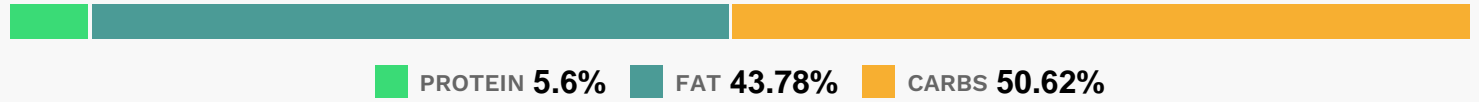
- bowl
- oven
- hand mixer
- slotted spoon
- glass baking pan

Directions

- Melt 3 tablespoons butter with oil in large pot over medium heat.
- Add onion; sauté until soft, about 5 minutes.
- Add parsnips, potatoes, and turnips; stir 4 minutes.
- Add garlic; stir 1 minute.
- Add broth; bring to boil. Cover; reduce heat to medium-low. Simmer until vegetables are tender, about 15 minutes.
- Using slotted spoon, transfer vegetables to large bowl.
- Pour cooking broth into small bowl; reserve.
- Add cream cheese to vegetables. Using electric mixer, beat vegetables to smooth puree.
- Add 2 tablespoons butter-oil mixture from top of broth to vegetables. Stir in 2 tablespoons dill. Season with salt and pepper.
- Butter 11 x 7 x 2-inch glass baking dish.
- Transfer puree to prepared dish. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Melt 3 tablespoons butter in small skillet over medium heat.
- Add panko and stir until golden brown, about 2 minutes. DO AHEAD: Can be made 1 day ahead. Cool and store airtight at room temperature.
- Position rack in top third of oven; preheat to 350°F.

- Sprinkle panko mixture over vegetable puree.
- Bake until top is brown, about 15 minutes (25 minutes if chilled).
- Sprinkle with 2 tablespoons dill.

Nutrition Facts



Properties

Glycemic Index: 40.38, Glycemic Load: 16.62, Inflammation Score: -6, Nutrition Score: 11.730434832366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 247.92kcal (12.4%), Fat: 12.48g (19.19%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 26.93g (9.79%), Sugar: 6.96g (7.74%), Cholesterol: 20.92mg (6.97%), Sodium: 314.55mg (13.68%), Alcohol: 0g (100%), Protein: 3.59g (7.18%), Vitamin C: 26.77mg (32.45%), Manganese: 0.61mg (30.72%), Fiber: 5.53g (22.1%), Potassium: 669.97mg (19.14%), Vitamin K: 20.04µg (19.09%), Vitamin B6: 0.37mg (18.7%), Folate: 69.69µg (17.42%), Vitamin E: 1.87mg (12.43%), Vitamin B1: 0.18mg (11.72%), Phosphorus: 114.8mg (11.48%), Magnesium: 44.32mg (11.08%), Copper: 0.21mg (10.41%), Vitamin B3: 1.6mg (7.98%), Vitamin B5: 0.77mg (7.75%), Iron: 1.36mg (7.55%), Vitamin A: 361.58IU (7.23%), Calcium: 63.26mg (6.33%), Vitamin B2: 0.1mg (5.77%), Zinc: 0.83mg (5.53%), Selenium: 3.08µg (4.4%)