



Parsnip-Potato Mash



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



609 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings chives finely chopped for garnish, optional
- ☐ 0.8 cup half-and-half
- ☐ 4 servings kosher salt
- ☐ 1.5 pounds parsnips peeled chopped (8 small)
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 2.5 pounds yukon gold potatoes peeled coarsely chopped

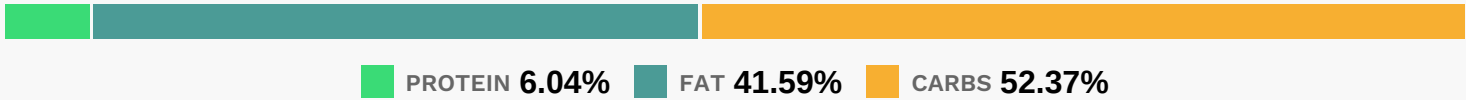
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Put the potatoes and parsnips in a large heavy-bottomed saucepan, cover with cold water and salt it generously. Bring the potatoes to a boil over high heat; reduce heat to medium and simmer until fork tender, 20 to 25 minutes.
- ☐ Put the butter and half-and-half in a small saucepan over medium-low heat until the butter is melted and the mixture is hot.
- ☐ Drain the potatoes and parsnips well and return them to the hot pan. Stir the vegetables in the pan to dry them out a bit.
- ☐ Add the hot butter mixture and season with salt and pepper. Mash with a potato masher until smooth.
- ☐ Transfer to a serving bowl and garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:47.85, Inflammation Score:-8, Nutrition Score:30.215652092643%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 609.31kcal (30.47%), Fat: 29.01g (44.63%), Saturated Fat: 17.93g (112.04%), Carbohydrates: 82.2g (27.4%), Net Carbohydrates: 67.58g (24.57%), Sugar: 12.29g (13.65%), Cholesterol: 76.89mg (25.63%), Sodium: 258.66mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Vitamin C: 85.75mg (103.94%), Manganese: 1.4mg (70.24%), Fiber: 14.62g (58.49%), Potassium: 1902.41mg (54.35%), Vitamin B6: 1.01mg (50.73%), Vitamin K: 48.53µg (46.22%), Folate: 162.6µg (40.65%), Phosphorus: 333.02mg (33.3%), Magnesium: 120.23mg

(30.06%), Vitamin B1: 0.4mg (26.39%), Copper: 0.52mg (26.1%), Vitamin E: 3.34mg (22.25%), Vitamin B3: 4.25mg (21.24%), Vitamin B5: 2.03mg (20.27%), Vitamin A: 919.47IU (18.39%), Iron: 3.27mg (18.17%), Vitamin B2: 0.27mg (16.16%), Calcium: 152.1mg (15.21%), Zinc: 2.04mg (13.57%), Selenium: 5.66µg (8.09%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.13µg (2.24%)