



 **69%**
HEALTH SCORE

Parsnip Purée

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- 0.5 cup evaporated skim milk
- 10.5 ounce low-salt chicken broth canned
- 4 pounds parsnips 1-inch-thick sliced ()
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- food processor
- bowl

sauce pan

microwave

Directions

Cook parsnip in boiling water in a large saucepan 20 minutes or until tender; drain.

Combine milk, salt, pepper, and broth in a 2-cup glass measure.

Place parsnip in a food processor; process until smooth, scraping sides of processor bowl occasionally. With processor on, slowly add milk mixture through food chute, processing until well-blended.

Note: This dish can be made 3 days ahead and stored in the refrigerator. To reheat, place pure in the microwave on MEDIUM for 5 minutes, stirring once halfway through.

Nutrition Facts



PROTEIN 9.38% **FAT 4.23%** **CARBS 86.39%**

Properties

Glycemic Index:10.5, Glycemic Load:15.45, Inflammation Score:-6, Nutrition Score:19.456087081329%

Flavonoids

Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 188.69kcal (9.43%), Fat: 0.94g (1.44%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 31.98g (11.63%), Sugar: 12.76g (14.18%), Cholesterol: 0.64mg (0.21%), Sodium: 197.6mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Manganese: 1.28mg (63.97%), Vitamin K: 51.13µg (48.7%), Vitamin C: 38.75mg (46.97%), Fiber: 11.13g (44.52%), Folate: 153.4µg (38.35%), Potassium: 936.47mg (26.76%), Vitamin E: 3.38mg (22.53%), Phosphorus: 203.49mg (20.35%), Magnesium: 70.57mg (17.64%), Vitamin B5: 1.48mg (14.8%), Copper: 0.29mg (14.73%), Vitamin B1: 0.21mg (14.09%), Calcium: 129.9mg (12.99%), Vitamin B6: 0.22mg (10.84%), Vitamin B3: 2.13mg (10.63%), Vitamin B2: 0.17mg (10.24%), Zinc: 1.52mg (10.14%), Iron: 1.47mg (8.17%), Selenium: 4.49µg (6.41%), Vitamin D: 0.32µg (2.13%), Vitamin A: 63.38IU (1.27%), Vitamin B12: 0.08µg (1.26%)