



## Parsnip Puree

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 4 clove garlic peeled smashed
- 0.5 cup heavy cream
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup milk
- 6 servings olive oil extra-virgin
- 6 servings parsley for garnish
- 1 pound parsnips peeled sliced

- 1 sprig thyme leaves
- 1 stick butter unsalted

## Equipment

- food processor
- knife
- pot

## Directions

- Put parsnips in a pot, season with salt and cover with milk and cream.
- Add garlic, bay and thyme then place over medium heat and bring to a simmer. Cook until tender, the tip of a paring knife should easily go through without resistance – about 12 to 15 minutes.
- Place parsnips in a food processor with butter and pour in enough of the milk mixture to puree the parsnips and achieve the texture of whipped cream. Season with salt and pepper then finish with a sprinkle of parsley.

## Nutrition Facts

 **PROTEIN 2.49%** **FAT 81.79%** **CARBS 15.72%**

## Properties

Glycemic Index:38.17, Glycemic Load:5.75, Inflammation Score:-8, Nutrition Score:13.294347752695%

## Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 400.02kcal (20%), Fat: 37.36g (57.48%), Saturated Fat: 16.59g (103.71%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 12.23g (4.45%), Sugar: 5.25g (5.84%), Cholesterol: 65.34mg (21.78%), Sodium: 25.61mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin K: 93.25µg (88.81%), Vitamin E: 3.8mg (25.36%), Manganese: 0.48mg (24.1%), Vitamin C: 19.19mg (23.26%), Vitamin A: 1141.77IU (22.84%), Fiber: 3.93g

(15.73%), Folate: 58.27µg (14.57%), Potassium: 370.11mg (10.57%), Phosphorus: 95.97mg (9.6%), Calcium: 80.37mg (8.04%), Magnesium: 29.09mg (7.27%), Vitamin B2: 0.12mg (6.86%), Vitamin B5: 0.63mg (6.31%), Vitamin B1: 0.09mg (6.13%), Vitamin B6: 0.12mg (5.88%), Copper: 0.11mg (5.52%), Vitamin D: 0.82µg (5.49%), Iron: 0.88mg (4.87%), Zinc: 0.66mg (4.43%), Selenium: 2.82µg (4.03%), Vitamin B3: 0.64mg (3.21%), Vitamin B12: 0.17µg (2.89%)