



WHATSheATE



Parsnip Purée



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 10 medium parsnips peeled chopped (4 pounds total)
- ☐ 1 tablespoon sea salt fine
- ☐ 12 tablespoons butter unsalted ()

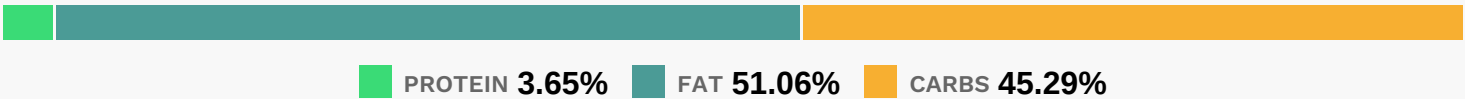
Equipment

- ☐ pot

Directions

- ☐ In heavy large pot combine parsnips with enough cold water to cover.
- ☐ Place over moderately high heat, cover, and bring to a boil. Continue boiling until tender, about 30 to 45 minutes.
- ☐ Drain. Working in 2 batches, puree hot parsnips, butter, and chicken stock until smooth.
- ☐ Transfer to large serving dish, stir in salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:10.6, Inflammation Score:-6, Nutrition Score:13.436086968235%

Flavonoids

Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 14.18g (21.81%), Saturated Fat: 8.73g (54.59%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 20.6g (7.49%), Sugar: 7.47g (8.3%), Cholesterol: 36.12mg (12.04%), Sodium: 718.61mg (31.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Manganese: 0.92mg (46.07%), Vitamin K: 36.71µg (34.96%), Vitamin C: 26.35mg (31.94%), Fiber: 7.7g (30.78%), Folate: 104.42µg (26.11%), Vitamin E: 2.7mg (18.02%), Potassium: 600.89mg (17.17%), Phosphorus: 118.25mg (11.83%), Magnesium: 46.11mg (11.53%), Copper: 0.2mg (10.03%), Vitamin B5: 0.95mg (9.54%), Vitamin B1: 0.14mg (9.38%), Vitamin A: 422.02IU (8.44%), Vitamin B6: 0.14mg (7.12%), Zinc: 0.95mg (6.32%), Vitamin B3: 1.26mg (6.29%), Calcium: 62.51mg (6.25%), Iron: 0.99mg (5.49%), Vitamin B2: 0.09mg (5.15%), Selenium: 2.98µg (4.26%), Vitamin D: 0.25µg (1.68%)