



Parsnips with Black-Truffle Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black to taste



5 tablespoons black-truffle butter at room temperature



8 servings garnish: chives fresh chopped



4 pounds parsnips peeled quartered (8 medium)



0.8 teaspoon salt to taste

Equipment



bowl

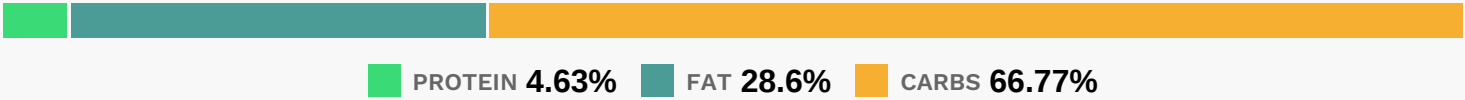


pot

Directions

- ☐ Cut parsnips crosswise into 1- to 1 1/2-inch pieces and cook in a large pot of boiling salted water until tender, 4 to 5 minutes.
- ☐ Drain well, then transfer to a bowl and gently toss with truffle butter, salt, and pepper.
- ☐ Parsnips can be cut 1 day ahead and kept, submerged in water, chilled.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:15.46, Inflammation Score:-7, Nutrition Score:18.70217391719%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 233.29kcal (11.66%), Fat: 7.79g (11.98%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 29.74g (10.81%), Sugar: 10.91g (12.12%), Cholesterol: 18.81mg (6.27%), Sodium: 297mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Manganese: 1.28mg (64.12%), Vitamin K: 53.87µg (51.31%), Vitamin C: 39.14mg (47.44%), Fiber: 11.15g (44.62%), Folate: 153.28µg (38.32%), Potassium: 856.42mg (24.47%), Vitamin E: 3.59mg (23.9%), Magnesium: 66.48mg (16.62%), Phosphorus: 163.8mg (16.38%), Vitamin B5: 1.37mg (13.75%), Copper: 0.27mg (13.74%), Vitamin B1: 0.21mg (13.69%), Vitamin B6: 0.21mg (10.3%), Zinc: 1.35mg (9.02%), Calcium: 85.08mg (8.51%), Vitamin B3: 1.6mg (7.99%), Iron: 1.36mg (7.58%), Vitamin B2: 0.12mg (6.92%), Selenium: 4.18µg (5.97%), Vitamin A: 262.53IU (5.25%)