



## Potato and Celery Root Mash

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 1 juice of lemon
- 20 servings salt and pepper
- 4 tablespoons butter unsalted cut into small pieces
- 1 cup milk whole
- 8 yukon gold potatoes peeled cut into 1-inch chunks ( )
- 2 celeriacs trimmed peeled cut into 1-inch chunks (celery root)

### Equipment

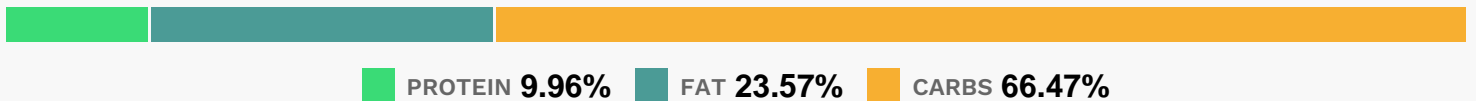
- food processor

- bowl
- pot
- potato masher
- potato ricer

## Directions

- Place celeriacs in a bowl. Cover with cold water; stir in lemon juice.
- Let stand while preparing remaining ingredients.
- Drain when ready to boil.
- Place potatoes and celeriacs in separate pots; cover with cold water.
- Add a large pinch of salt to each pot; bring to a boil over high heat. Reduce heat to medium-low; cook until vegetables are very tender, about 30 minutes for potatoes and 15 to 20 minutes for celeriacs.
- Drain celeriacs. Pulse in a food processor until smooth.
- Drain potatoes, return to pot and add celeriacs, milk and butter. Mash with a potato masher or put through a ricer. Season with salt and pepper.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:7.84, Glycemic Load:10.6, Inflammation Score:-3, Nutrition Score:7.593913016112%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 2.92g (4.49%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.86g (5.77%), Sugar: 2.2g (2.44%), Cholesterol: 7.48mg (2.49%), Sodium: 267.83mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin K: 28.17µg (26.83%), Vitamin C: 19.18mg (23.24%), Vitamin B6: 0.32mg (15.8%), Potassium: 501.84mg (14.34%), Phosphorus: 126.62mg (12.66%), Fiber: 2.67g (10.68%), Manganese: 0.21mg (10.4%), Magnesium: 30.25mg (7.56%), Vitamin B1: 0.09mg (6.28%), Copper: 0.12mg (6%), Vitamin B3: 1.19mg (5.94%), Iron: 0.99mg (5.49%), Calcium: 52mg (5.2%), Vitamin B5: 0.48mg (4.81%), Vitamin B2: 0.08mg (4.63%), Folate: 16.46µg (4.12%), Zinc: 0.47mg (3.1%), Vitamin E: 0.31mg (2.09%), Vitamin A: 91.19IU (1.82%), Selenium: 0.92µg (1.32%), Vitamin B12: 0.07µg (1.18%), Vitamin D: 0.18µg (1.17%)