



Potato and Celery Root Mash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 1 pound celery root peeled cut into 3/4" cubes (celeriac)
- ☐ 3 tablespoons dijon mustard
- ☐ 1 horseradish grated peeled
- ☐ 8 servings kosher salt
- ☐ 2.5 pounds yukon gold potatoes mixed peeled cut into 2" cubes
- ☐ 1.5 cups cream sour
- ☐ 2 tablespoons butter unsalted ()

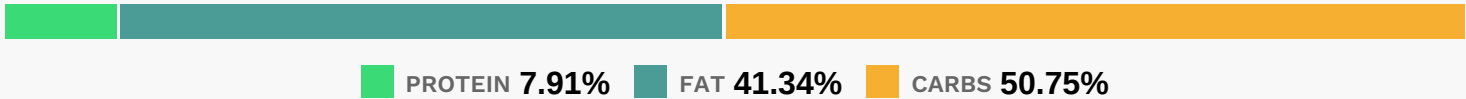
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Place potatoes, celery root, and horseradish in a large pot.
- ☐ Add water to cover by 1". Bring to a boil, reduce heat to medium-high, and simmer until vegetables are tender, 25–30 minutes.
- ☐ Drain, reserving 1 cup cooking liquid. Return vegetables to pot; add sour cream, Dijon mustard, and butter. Using a potato masher, coarsely mash vegetables.
- ☐ Add reserved cooking liquid by tablespoonfuls if mash is too stiff. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:19.62, Inflammation Score:–5, Nutrition Score:12.127826160711%

Flavonoids

Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 246.93kcal (12.35%), Fat: 11.69g (17.99%), Saturated Fat: 6.25g (39.06%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 27.91g (10.15%), Sugar: 3.58g (3.97%), Cholesterol: 32.97mg (10.99%), Sodium: 335.15mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Vitamin C: 32.9mg (39.88%), Vitamin B6: 0.53mg (26.67%), Vitamin K: 26.92µg (25.64%), Potassium: 830.39mg (23.73%), Phosphorus: 185.73mg (18.57%), Fiber: 4.39g (17.54%), Manganese: 0.34mg (16.77%), Magnesium: 51.06mg (12.77%), Vitamin B1: 0.16mg (10.75%), Copper: 0.21mg (10.27%), Vitamin B3: 1.96mg (9.82%), Vitamin B2: 0.16mg (9.22%), Iron: 1.63mg (9.03%), Calcium: 89.52mg (8.95%), Vitamin B5: 0.78mg (7.85%), Folate: 30.37µg (7.59%), Vitamin A: 362.96IU (7.26%), Selenium: 4.37µg (6.24%), Zinc: 0.78mg (5.21%), Vitamin E: 0.48mg (3.22%), Vitamin B12: 0.1µg (1.61%)