



## Potato and Parsnip Mash

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

### Ingredients

- 1 tablespoon kosher salt
- 3 tablespoons olive oil extra virgin extra-virgin
- 1.5 pounds parsnips peeled cut into medium dice
- 2 pounds yukon gold potatoes peeled cut into large dice

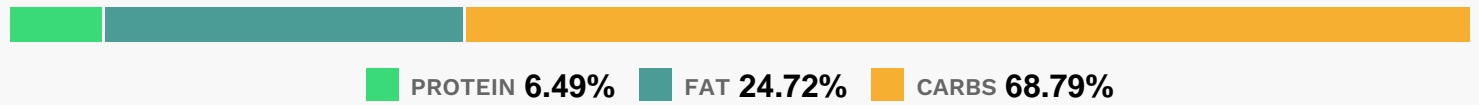
### Equipment

- sauce pan

## Directions

- Place the potatoes and parsnips in a large saucepan, cover with water, and bring to a boil over high heat. Reduce heat and simmer until vegetables are fork tender, about 10 to 15 minutes.
- Remove from heat, reserve 1/4 cup of the cooking liquid, drain, and return vegetables to the saucepan.
- Add reserved cooking liquid, olive oil, and salt and coarsely mash ingredients together. Stir until evenly combined and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.63, Glycemic Load:27.05, Inflammation Score:-6, Nutrition Score:16.992173954035%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## Nutrients (% of daily need)

Calories: 263.35kcal (13.17%), Fat: 7.48g (11.5%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 37.93g (13.79%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 1183.29mg (51.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin C: 49.06mg (59.47%), Manganese: 0.87mg (43.47%), Fiber: 8.88g (35.53%), Vitamin K: 32.6µg (31.05%), Potassium: 1062.09mg (30.35%), Vitamin B6: 0.55mg (27.4%), Folate: 100.17µg (25.04%), Vitamin E: 2.71mg (18.09%), Magnesium: 67.69mg (16.92%), Phosphorus: 166.7mg (16.67%), Copper: 0.3mg (15.01%), Vitamin B1: 0.22mg (14.87%), Vitamin B3: 2.39mg (11.94%), Vitamin B5: 1.13mg (11.28%), Iron: 1.9mg (10.54%), Zinc: 1.11mg (7.4%), Vitamin B2: 0.11mg (6.18%), Calcium: 59.76mg (5.98%), Selenium: 2.5µg (3.57%)