



Potato, Parsnip, and Gorgonzola Mash



Vegetarian



Gluten Free

READY IN



29 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 0.5 pound parsnips peeled cut into 1-inch chunks 2 medium
- ☐ 0.8 teaspoon salt
- ☐ 1 pound yukon gold potatoes peeled cut into 1-inch chunks 2 medium

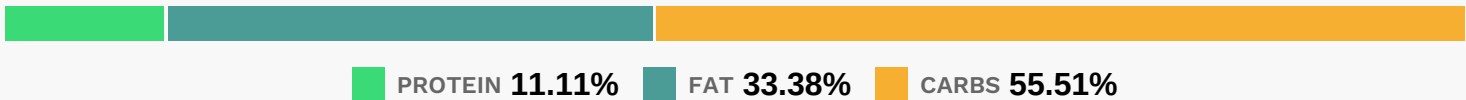
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place potato and parsnip in a large saucepan; add water to cover. Bring to a boil; reduce heat, cover, and simmer 13 minutes or until vegetables are tender.
- ☐ Drain and place in a large bowl.
- ☐ Add milk and remaining ingredients to potato mixture in bowl. Beat with a mixer at medium speed until smooth.

Nutrition Facts



Properties

Glycemic Index:45.79, Glycemic Load:12.29, Inflammation Score:-4, Nutrition Score:8.5334782781808%

Flavonoids

Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 157.08kcal (7.85%), Fat: 5.97g (9.18%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 18.78g (6.83%), Sugar: 4.54g (5.04%), Cholesterol: 17.16mg (5.72%), Sodium: 398.14mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin C: 21.76mg (26.37%), Manganese: 0.34mg (17.12%), Potassium: 538.25mg (15.38%), Fiber: 3.54g (14.16%), Vitamin B6: 0.28mg (13.86%), Phosphorus: 132.01mg (13.2%), Calcium: 104.05mg (10.41%), Folate: 40.93µg (10.23%), Vitamin K: 10.56µg (10.06%), Magnesium: 34.73mg (8.68%), Vitamin B2: 0.13mg (7.59%), Vitamin B1: 0.11mg (7.08%), Vitamin B5: 0.67mg (6.72%), Copper: 0.13mg (6.7%), Vitamin B3: 1.15mg (5.77%), Zinc: 0.74mg (4.91%), Iron: 0.88mg (4.89%), Vitamin E: 0.7mg (4.66%), Vitamin A: 175.69IU (3.51%), Selenium: 2.13µg (3.05%), Vitamin B12: 0.1µg (1.62%)