



Potato Parsnip Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup heavy cream
- ☐ 2 pounds parsnips peeled cut into 1-inch pieces
- ☐ 2 pounds russet potatoes peeled cut into 2-inch pieces (baking)
- ☐ 1 tablespoon salt
- ☐ 0.3 cup butter unsalted

Equipment

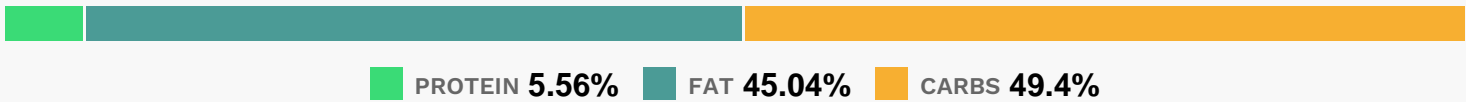
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ microwave
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Cover parsnips and potatoes with cold water by 1 inch in a 6- to 8-quart pot, then add 1tablespoon salt and bring to a boil, partially covered. Reduce heat and simmer vegetables, partially covered, until very tender but not falling apart, 30 to 40 minutes.
- ☐ Meanwhile, bring cream, butter, pepper, and remaining 1/2 teaspoon salt to a simmer in 4-quart heavy pot over moderate heat.
- ☐ Drain vegetables in a colander. Force warm vegetables through ricer into cream mixture, then stir to combine well.
- ☐ Potato parsnip purée can be made 1 day ahead and chilled in a baking dish, covered. Bring to room temperature and reheat, covered, in a preheated 450°F oven until hot, about 20 minutes, or in a microwave.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:19.07, Inflammation Score:-6, Nutrition Score:12.251304297344%

Flavonoids

Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 261.44kcal (13.07%), Fat: 13.54g (20.83%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 27.79g (10.1%), Sugar: 5.62g (6.24%), Cholesterol: 39.1mg (13.03%), Sodium: 718.31mg (31.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.66mg (32.95%), Vitamin C: 20.74mg (25.13%), Fiber: 5.64g (22.55%), Vitamin K: 23.29µg (22.18%), Potassium: 743.27mg (21.24%), Vitamin B6: 0.4mg (20.16%), Folate: 74.61µg (18.65%), Phosphorus: 129.55mg (12.96%), Magnesium: 49.06mg (12.26%), Vitamin E: 1.71mg (11.41%), Vitamin B1: 0.16mg (10.74%), Copper: 0.21mg (10.35%), Vitamin A: 492.86IU (9.86%), Vitamin B5:

0.88mg (8.85%), Vitamin B3: 1.59mg (7.96%), Iron: 1.35mg (7.51%), Vitamin B2: 0.12mg (7.18%), Calcium: 62.18mg (6.22%), Zinc: 0.86mg (5.75%), Selenium: 2.77µg (3.96%), Vitamin D: 0.47µg (3.11%)