



Purée of Roasted Garlic and White Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds baking potato peeled chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2.5 cups celery root peeled chopped (celery root;)
- ☐ 1 garlic head whole
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 3 cups turnip peeled chopped

- ☐ 0.3 cup whipping cream
- ☐ 1.5 tablespoons citrus champagne vinegar

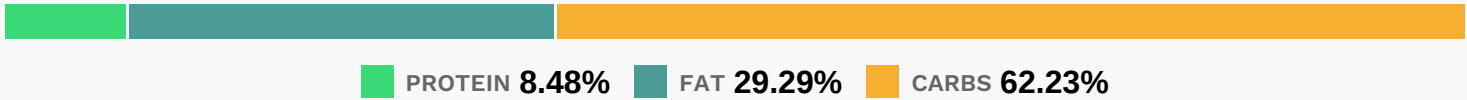
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate cloves). Wrap garlic head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate garlic cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place potato, turnip, celeriac, and onion in a large Dutch oven; cover with water. Bring to a boil, reduce heat, and simmer 15 minutes or until vegetables are tender.
- ☐ Drain.
- ☐ Place half of vegetables in a food processor; process until smooth.
- ☐ Pour pured vegetables into a bowl. Repeat procedure with the remaining vegetables.
- ☐ Melt butter in pan over medium heat. Stir in garlic pulp, pured vegetables, and cream; cook 5 minutes or until thoroughly heated, stirring frequently. Stir in the vinegar, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:41.47, Glycemic Load:17.48, Inflammation Score:-4, Nutrition Score:9.6030434577361%

Flavonoids

Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 172.3kcal (8.62%), Fat: 5.82g (8.96%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.42g (8.88%), Sugar: 4.32g (4.8%), Cholesterol: 15.93mg (5.31%), Sodium: 402.69mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 21.45mg (26%), Vitamin B6: 0.5mg (24.92%), Vitamin K: 22.6µg (21.52%), Potassium: 694.55mg (19.84%), Manganese: 0.35mg (17.41%), Fiber: 3.42g (13.7%), Phosphorus: 135.75mg (13.57%), Magnesium: 40.95mg (10.24%), Copper: 0.19mg (9.48%), Vitamin B1: 0.14mg (9.13%), Vitamin B3: 1.6mg (7.98%), Iron: 1.42mg (7.91%), Folate: 29.34µg (7.33%), Vitamin B5: 0.62mg (6.19%), Calcium: 60.42mg (6.04%), Vitamin B2: 0.1mg (5.75%), Zinc: 0.64mg (4.28%), Vitamin A: 198.91IU (3.98%), Vitamin E: 0.36mg (2.37%), Selenium: 1.5µg (2.14%)