



Root Vegetable Mash

 Vegetarian  Gluten Free

READY IN



48 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups celery root peeled chopped (celery root)
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup half and half
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 cups parsnips chopped (2)
- ☐ 0.5 teaspoon salt divided
- ☐ 1 thyme sprigs fresh

- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 3 cups yukon gold potatoes cubed peeled (2 large)

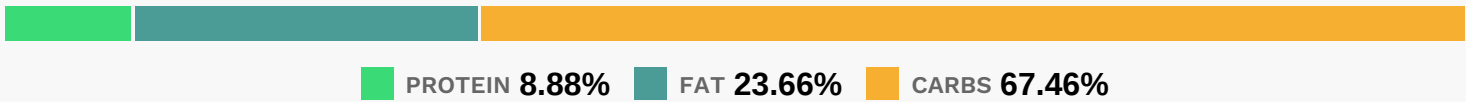
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine 1/4 teaspoon salt and next 8 ingredients in a large saucepan. Bring to a boil over medium heat; reduce heat, and simmer, covered, 15 minutes or until potato is tender and liquid is almost evaporated.
- ☐ Remove from heat.
- ☐ Discard thyme sprig. Stir in remaining 1/4 teaspoon salt, pepper, and half-and-half. Mash with a potato masher until almost smooth.
- ☐ Note: Though the menu serves 6, this recipe makes enough for 8 servings. Refrigerate the extra servings to enjoy the next day as a side to chicken, beef, or fish.

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:14.68, Inflammation Score:-5, Nutrition Score:10.483043477587%

Flavonoids

Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg, Apigenin: 1.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 150.01kcal (7.5%), Fat: 4.1g (6.3%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 21.93g (7.97%), Sugar: 3.39g (3.77%), Cholesterol: 10.17mg (3.39%), Sodium: 333.67mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 27.04mg (32.77%), Vitamin K: 31.75µg

(30.24%), Vitamin B6: 0.4mg (19.76%), Manganese: 0.39mg (19.41%), Potassium: 670.79mg (19.17%), Fiber: 4.35g (17.38%), Phosphorus: 148.38mg (14.84%), Magnesium: 41.41mg (10.35%), Folate: 37.22µg (9.3%), Copper: 0.18mg (8.96%), Vitamin B1: 0.13mg (8.64%), Vitamin B3: 1.7mg (8.48%), Iron: 1.33mg (7.4%), Vitamin B5: 0.69mg (6.85%), Vitamin B2: 0.1mg (5.87%), Calcium: 57.31mg (5.73%), Vitamin E: 0.69mg (4.62%), Zinc: 0.65mg (4.33%), Selenium: 2.05µg (2.93%), Vitamin A: 122.39IU (2.45%), Vitamin B12: 0.08µg (1.28%)