



Root vegetable mash



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 2 large baking potatoes cut into chunks
- ☐ 0.5 swede cut into chunks
- ☐ 3 carrots diced
- ☐ 25 g butter unsalted

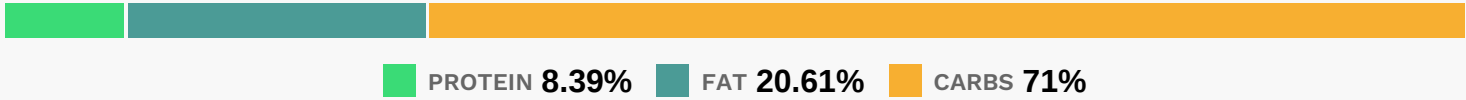
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Place the potatoes, swede and carrots in a large pan of salted water. Bring to the boil and cook for 20–25 mins until tender.
- ☐ Drain and mash with a potato masher.
- ☐ Add the butter and a generous amount of seasoning.

Nutrition Facts



Properties

Glycemic Index:50.9, Glycemic Load:29.87, Inflammation Score:-10, Nutrition Score:16.11173924415%

Flavonoids

Apigenin: 1.86mg, Apigenin: 1.86mg, Apigenin: 1.86mg, Apigenin: 1.86mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 227.18kcal (11.36%), Fat: 5.4g (8.31%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 37.1g (13.49%), Sugar: 5.47g (6.08%), Cholesterol: 13.44mg (4.48%), Sodium: 47.27mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin A: 7801.99IU (156.04%), Vitamin B6: 0.75mg (37.4%), Vitamin C: 25.28mg (30.64%), Potassium: 1064.43mg (30.41%), Manganese: 0.42mg (20.93%), Fiber: 4.79g (19.16%), Vitamin B1: 0.23mg (15.01%), Phosphorus: 144.56mg (14.46%), Magnesium: 57.7mg (14.42%), Vitamin B3: 2.7mg (13.5%), Copper: 0.23mg (11.35%), Folate: 44.84µg (11.21%), Iron: 1.94mg (10.76%), Vitamin K: 9.94µg (9.47%), Vitamin B5: 0.76mg (7.64%), Vitamin B2: 0.11mg (6.4%), Calcium: 61.33mg (6.13%), Zinc: 0.77mg (5.11%), Vitamin E: 0.61mg (4.07%), Selenium: 1.18µg (1.69%)