



Root-Vegetable Mashed Potatoes with Chestnuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chervil dried
- ☐ 0.5 cup honey shelled cooked chopped ()
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 5 garlic cloves peeled
- ☐ 2 cups parsnips 1-inch-thick sliced ()
- ☐ 1 Dash pepper black
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon stick margarine
- ☐ 4 cups yukon gold cubed peeled (1-inch)

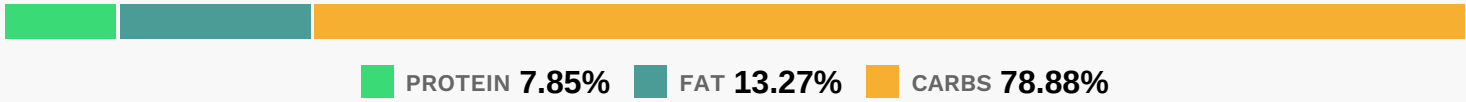
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place first 3 ingredients in a large saucepan; cover with water. Bring to a boil; cook 20 minutes or until very tender.
- ☐ Drain.
- ☐ Return potato mixture to pan.
- ☐ Add broth and next 4 ingredients (broth through pepper); beat at medium speed of a mixer until smooth. Stir in chestnuts.

Nutrition Facts



Properties

Glycemic Index:25.27, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:5.5734782659489%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 94.95kcal (4.75%), Fat: 1.44g (2.22%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 17.21g (6.26%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 205.91mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Manganese: 0.3mg (14.79%), Vitamin B6: 0.28mg (13.87%), Vitamin C: 11.29mg (13.68%), Potassium: 396.69mg (11.33%), Fiber: 2.12g (8.47%), Folate: 30.61µg (7.65%), Vitamin K: 7.11µg (6.77%), Copper: 0.13mg (6.58%), Magnesium: 24.28mg (6.07%), Phosphorus: 59.15mg (5.91%), Vitamin B1: 0.09mg (5.85%), Vitamin B3: 0.99mg (4.96%), Iron: 0.79mg (4.41%), Vitamin B5: 0.41mg (4.05%), Vitamin E: 0.45mg (3%), Zinc: 0.39mg (2.58%), Vitamin B2: 0.04mg (2.36%), Calcium: 22.76mg (2.28%), Selenium: 1.31µg

(1.87%), Vitamin A: 55.83IU (1.12%)