



Rutabaga-Carrot Mash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups carrots peeled chopped
- ☐ 10 ounce chicken broth canned
- ☐ 0.5 teaspoon pepper
- ☐ 2 medium rutabaga peeled chopped
- ☐ 1 teaspoon salt
- ☐ 1 onion sweet peeled quartered

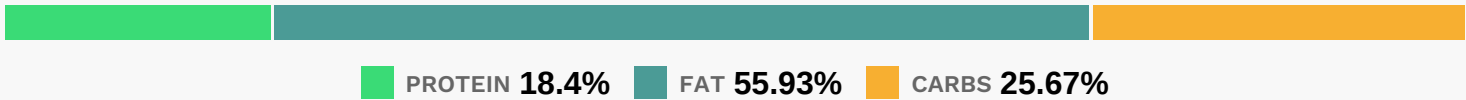
Equipment

- ☐ food processor
- ☐ dutch oven

Directions

- ☐ Cook rutabagas in boiling water to cover in a Dutch oven over medium heat 20 minutes.
- ☐ Add carrots and onion; continue boiling 20 minutes or until vegetables are tender.
- ☐ Drain and place into food processor fitted with metal blade.
- ☐ Add remaining ingredients; process until smooth.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:11.079130398191%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 2.03mg, Myricetin: 2.03mg, Myricetin: 2.03mg, Myricetin: 2.03mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 183.96kcal (9.2%), Fat: 11.65g (17.92%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 9.21g (3.35%), Sugar: 6.32g (7.02%), Cholesterol: 14.17mg (4.72%), Sodium: 505.82mg (21.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.24%), Vitamin A: 4735.33IU (94.71%), Vitamin C: 22.42mg (27.18%), Potassium: 406.29mg (11.61%), Fiber: 2.82g (11.26%), Vitamin B6: 0.21mg (10.54%), Phosphorus: 104.96mg (10.5%), Manganese: 0.18mg (8.81%), Selenium: 5.95µg (8.5%), Vitamin B3: 1.52mg (7.6%), Folate: 29.39µg (7.35%), Magnesium: 27.39mg (6.85%), Vitamin B1: 0.1mg (6.75%), Zinc: 1mg (6.67%), Vitamin E: 0.85mg (5.67%), Calcium: 56.22mg (5.62%), Vitamin B2: 0.09mg (5%), Vitamin B12: 0.29µg (4.91%), Iron: 0.88mg (4.9%), Vitamin K: 4.53µg (4.31%), Copper: 0.07mg (3.52%), Vitamin B5: 0.24mg (2.37%)