



Rutabaga Mash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into 2-inch chunks
- ☐ 0.8 cup warm heavy cream
- ☐ 0.8 cup warm milk
- ☐ 8 servings pepper freshly ground
- ☐ 5 pounds rutabagas--quartered peeled cut into 2-inch chunks
- ☐ 8 servings salt
- ☐ 4.5 tablespoons butter unsalted

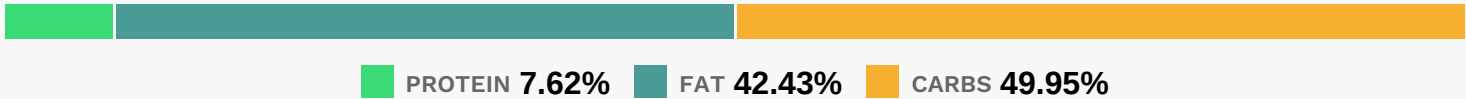
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ In a large pot, cover the rutabagas and potatoes with 2 inches of water and bring to a boil.
- ☐ Add a large pinch of salt and boil over moderately high heat until the vegetables are tender, about 50 minutes.
- ☐ Drain the rutabagas and potatoes and return them to the pot.
- ☐ Shake the pot over high heat for about 2 minutes to dry the rutabagas and potatoes. Mash with a potato masher, then mash in the milk, cream and butter until a coarse puree forms. Season the puree with salt and pepper and serve hot.
- ☐ Make Ahead: The recipe can be prepared up to 4 hours ahead.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:25.41, Inflammation Score:-7, Nutrition Score:18.146521526834%

Flavonoids

Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 6.04mg, Myricetin: 6.04mg, Myricetin: 6.04mg, Myricetin: 6.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 318.38kcal (15.92%), Fat: 15.7g (24.15%), Saturated Fat: 9.7g (60.64%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 33.92g (12.34%), Sugar: 14.93g (16.59%), Cholesterol: 44.89mg (14.96%), Sodium: 247.66mg (10.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin C: 75.86mg (91.95%), Potassium: 1278.08mg (36.52%), Fiber: 7.65g (30.61%), Vitamin B6: 0.6mg (29.96%), Manganese: 0.52mg (25.98%), Phosphorus: 235.12mg (23.51%), Vitamin B1: 0.34mg (22.84%), Magnesium: 80.9mg (20.23%), Folate: 72.59µg (18.15%), Calcium: 178.27mg (17.83%), Vitamin B3: 2.91mg (14.54%), Vitamin B2: 0.22mg (12.81%), Vitamin A: 568.91IU (11.38%), Iron: 2.01mg (11.19%), Copper: 0.18mg (9.19%), Vitamin B5: 0.86mg (8.62%), Vitamin E: 1.26mg (8.4%), Zinc: 1.08mg (7.22%), Selenium: 3.51µg (5.02%), Vitamin D: 0.73µg (4.85%), Vitamin K: 3.88µg (3.69%), Vitamin B12: 0.17µg (2.88%)