



Savory Mashed Root Vegetables

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



413 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 bunch chives fresh chopped
- ☐ 4 garlic cloves
- ☐ 2 cups heavy cream
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 12 servings olive oil extra-virgin
- ☐ 3 pounds root vegetables such as carrots, parsnips, turnips, and rutabaga, coarsely chopped assorted
- ☐ 1 teaspoon salt

- ☐ 1 handful thyme sprigs fresh
- ☐ 0.5 cup butter unsalted 1 stick

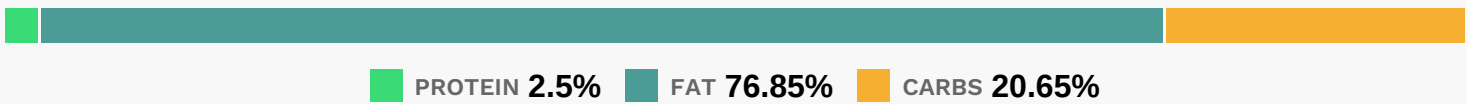
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ potato masher

Directions

- ☐ Place all the vegetables and garlic in a large pot and fill with cool water to cover; season with a teaspoon of salt. Bring to boil over medium heat and simmer for about 30 minutes, until the vegetables are very tender.
- ☐ While the vegetables are cooking, combine the heavy cream, butter, and herbs in a pot and heat over low flame to melt the butter and infuse the herb flavor into the cream do not allow to boil. Shut off the heat, cover, and let steep until needed. When ready to use, remove the herb stems and the bay leaves.
- ☐ Drain vegetables and put them into a large mixing bowl. Mash with a potato masher. Stir in the warm cream mixture and mix until the liquid is absorbed and the vegetables are smooth; season with salt and pepper.
- ☐ Put the mashed root vegetables in a serving bowl, garnish with chopped chives and drizzle with a healthy dose of olive oil.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:7.83, Inflammation Score:-7, Nutrition Score:12.355217482733%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 413.47kcal (20.67%), Fat: 36.35g (55.92%), Saturated Fat: 15.97g (99.84%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 16.35g (5.94%), Sugar: 6.62g (7.36%), Cholesterol: 65.16mg (21.72%), Sodium: 217.37mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin K: 36.76µg (35.01%), Manganese: 0.67mg (33.49%), Vitamin E: 4.29mg (28.62%), Vitamin C: 20.16mg (24.44%), Fiber: 5.63g (22.51%), Folate: 78.31µg (19.58%), Vitamin A: 839.6IU (16.79%), Potassium: 472.3mg (13.49%), Phosphorus: 107.78mg (10.78%), Magnesium: 36.57mg (9.14%), Vitamin B2: 0.14mg (8.04%), Vitamin B5: 0.8mg (8.01%), Vitamin B1: 0.11mg (7.52%), Copper: 0.15mg (7.37%), Calcium: 72.57mg (7.26%), Vitamin B6: 0.13mg (6.5%), Zinc: 0.79mg (5.27%), Vitamin D: 0.78µg (5.18%), Selenium: 3.48µg (4.97%), Iron: 0.84mg (4.69%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.08µg (1.33%)