



WHATSheATE



Smashed Parsnips with Mascarpone Cheese



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.5 onion diced
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 1 pound parsnips peeled cut into 1-inch pieces
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons sugar

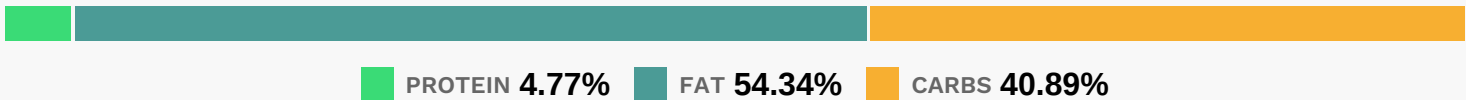
Equipment

☐ pot

Directions

- ☐ Bring a large pot of water to a boil and add the parsnips. Cook until the parsnips are tender, about 10 minutes.
- ☐ Drain.
- ☐ Heat a pot over medium-high heat and add the butter and sugar. Allow to melt together.
- ☐ Add onions and saute until caramelized, 6 minutes.
- ☐ Add parsnips to pot. Turn heat off and add the mascarpone. Stir together and mash, adding parsley, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:9.59, Inflammation Score:-6, Nutrition Score:9.2408696620361%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 203.04kcal (10.15%), Fat: 12.51g (19.24%), Saturated Fat: 7.7g (48.11%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 17.15g (6.24%), Sugar: 10.03g (11.15%), Cholesterol: 28.78mg (9.59%), Sodium: 631.14mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 58.92µg (56.11%), Manganese: 0.48mg (24.17%), Vitamin C: 16.86mg (20.43%), Fiber: 4.03g (16.11%), Folate: 56.39µg (14.1%), Vitamin A: 591.73IU (11.83%), Potassium: 316.52mg (9.04%), Vitamin E: 1.26mg (8.39%), Calcium: 62.04mg (6.2%), Magnesium: 24.77mg (6.19%), Phosphorus: 59.43mg (5.94%), Copper: 0.1mg (5.17%), Vitamin B1: 0.08mg (5%), Vitamin B5: 0.48mg (4.85%), Vitamin B6: 0.08mg (4.12%), Iron: 0.66mg (3.68%), Zinc: 0.5mg (3.32%), Vitamin B3: 0.58mg (2.89%), Vitamin B2: 0.05mg (2.71%), Selenium: 1.51µg (2.16%)