



Smashed Potato, Parsnips and Rutabaga

 Vegetarian  Gluten Free

READY IN

ready

37 min.

SERVINGS

servings

12

CALORIES

calories

218 kcal

SIDE DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 1 stick butter
- ☐ 8 ounce cream cheese softened
- ☐ 1 onion chopped
- ☐ 4 cups parsnips peeled chopped
- ☐ 8 cups potatoes red quartered
- ☐ 1 rutabaga peeled chopped
- ☐ 3 tablespoons salt divided

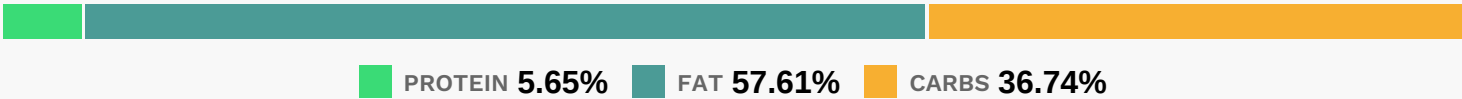
Equipment

☐ dutch oven

Directions

- ☐ In a large Dutch oven, combine potatoes, parsnips, rutabaga, onion, and 2 tablespoons salt; add water to cover. Bring to a boil over high heat; reduce heat to medium-low and simmer for 10 to 12 minutes or until tender.
- ☐ Drain well.
- ☐ Add remaining salt, cream cheese, butter, and a dash of pepper. Mash together.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:4.97, Inflammation Score:-5, Nutrition Score:8.5943479097408%

Flavonoids

Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 217.74kcal (10.89%), Fat: 14.41g (22.16%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 16.72g (6.08%), Sugar: 5.31g (5.9%), Cholesterol: 39.33mg (13.11%), Sodium: 1881.68mg (81.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin C: 20.56mg (24.92%), Manganese: 0.39mg (19.6%), Fiber: 3.94g (15.77%), Potassium: 534.14mg (15.26%), Folate: 49.2µg (12.3%), Vitamin K: 12.78µg (12.17%), Phosphorus: 104.32mg (10.43%), Vitamin A: 494.02IU (9.88%), Vitamin B6: 0.18mg (8.96%), Magnesium: 33.31mg (8.33%), Vitamin B1: 0.12mg (7.9%), Vitamin E: 1.15mg (7.64%), Copper: 0.14mg (7.01%), Calcium: 59.02mg (5.9%), Vitamin B5: 0.59mg (5.88%), Vitamin B2: 0.1mg (5.87%), Vitamin B3: 1.14mg (5.71%), Iron: 0.83mg (4.64%), Selenium: 3.05µg (4.35%), Zinc: 0.63mg (4.19%)