



Sunny's Holiday Parsnip Puree

 Vegetarian  Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic smashed
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 cup heavy cream room temperature
- ☐ 1 tablespoon olive oil
- ☐ 4 parsnips peeled cut into chunks
- ☐ 4 servings salt

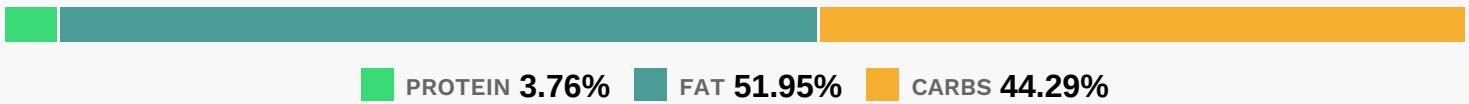
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the parsnips, garlic, and olive oil on a baking sheet and season with salt, to taste. Roast until the edges are golden and caramelized, about 20 to 25 minutes. If a check during roasting reveals the bottom of the parsnips are cooking faster than the top, give them a toss and return the baking sheet to the oven.
- ☐ When the parsnips and garlic are roasted, put them into a food processor with the butter, 1/4 cup of the heavy cream and a pinch of nutmeg. Blend the mixture until smooth, and if needed add a bit more heavy cream. Season with salt and pepper, to taste.
- ☐ Transfer the puree to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:10.75, Inflammation Score:-6, Nutrition Score:13.819565047388%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 251.75kcal (12.59%), Fat: 15.11g (23.25%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 21.29g (7.74%), Sugar: 7.97g (8.85%), Cholesterol: 31.86mg (10.62%), Sodium: 258.7mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Manganese: 0.91mg (45.69%), Vitamin K: 38.14µg (36.32%), Vitamin C: 26.91mg (32.62%), Fiber: 7.7g (30.82%), Folate: 104.91µg (26.23%), Vitamin E: 3.12mg (20.77%),

Potassium: 605.36mg (17.3%), Phosphorus: 123.34mg (12.33%), Magnesium: 47.14mg (11.78%), Vitamin B5: 0.99mg (9.86%), Copper: 0.2mg (9.81%), Vitamin B1: 0.15mg (9.79%), Vitamin B6: 0.16mg (8.21%), Vitamin A: 394.53IU (7.89%), Calcium: 71.07mg (7.11%), Zinc: 0.98mg (6.54%), Vitamin B2: 0.11mg (6.46%), Vitamin B3: 1.11mg (5.56%), Iron: 0.99mg (5.53%), Selenium: 3.53µg (5.04%), Vitamin D: 0.24µg (1.59%)