



Sweet-Potato and Parsnip Purée

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar light packed
- ☐ 4 parsnips peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 medium sweet potatoes and into peeled cut into 1/2-inch pieces
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 cup milk whole

Equipment

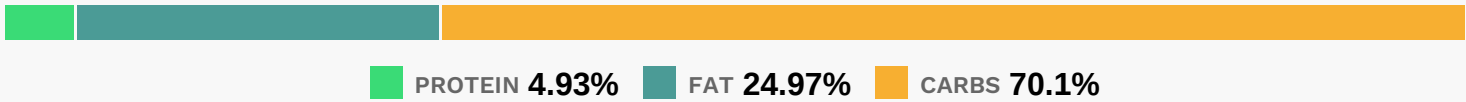
- ☐ food processor

☐ sauce pan

Directions

- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add potatoes and parsnips and boil gently until tender, about 12 minutes.
- ☐ Drain well and transfer to a food processor.
- ☐ Add butter and purée until smooth.
- ☐ Add milk, brown sugar, and salt and blend well. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:22.04, Inflammation Score:-10, Nutrition Score:22.528260764868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 332.07kcal (16.6%), Fat: 9.53g (14.66%), Saturated Fat: 5.78g (36.09%), Carbohydrates: 60.17g (20.06%), Net Carbohydrates: 49.18g (17.88%), Sugar: 21.63g (24.04%), Cholesterol: 24.41mg (8.14%), Sodium: 377.8mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin A: 16318.41IU (326.37%), Manganese: 1.17mg (58.35%), Fiber: 10.98g (43.94%), Vitamin K: 37.69µg (35.9%), Vitamin C: 29.06mg (35.23%), Folate: 116.68µg (29.17%), Potassium: 999.48mg (28.56%), Vitamin B6: 0.39mg (19.45%), Vitamin B5: 1.91mg (19.14%), Vitamin E: 2.85mg (19.03%), Magnesium: 76.06mg (19.01%), Copper: 0.36mg (18.15%), Phosphorus: 181.44mg (18.14%), Vitamin B1: 0.24mg (15.78%), Calcium: 118.63mg (11.86%), Vitamin B2: 0.17mg (10.06%), Iron: 1.67mg (9.29%), Zinc: 1.33mg (8.86%), Vitamin B3: 1.74mg (8.72%), Selenium: 3.97µg (5.67%), Vitamin D: 0.33µg (2.17%), Vitamin B12: 0.1µg (1.67%)