



Sweet potato & parsnip bake

READY IN



90 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 800 g sweet potatoes and into peeled cut into chunks
- ☐ 800 g parsnips peeled cut into chunks
- ☐ 200 ml crème fraîche reduced-fat
- ☐ 2 tbsp sage shredded
- ☐ 4 tsp wholegrain mustard
- ☐ 8 servings butter for greasing
- ☐ 1 slice granary bread finely chopped
- ☐ 50 g coarsely parmesan vegetarian-style grated
- ☐ 3 tbsp pine nut

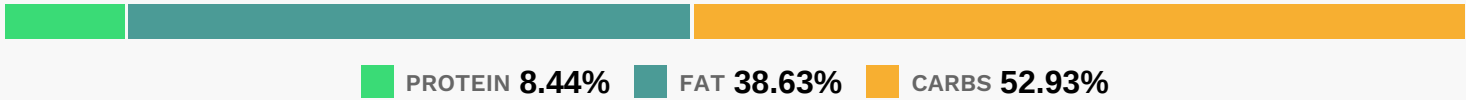
Equipment

☐ oven

Directions

- ☐ Boil the sweet potatoes and parsnips for 20 mins in salted water until tender.
- ☐ Drain really well, then roughly mash with half the crme frache and half the sage, the mustard and salt and pepper. Pile into a buttered ovenproof dish and smooth over.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Mix the breadcrumbs with the Parmesan, pine nuts and remaining sage. Spoon the remaining crme frache over the mash, scatter over the bread and cheese mixture, then bake for 35-40 mins from fridge-cold, 25-30 mins if not, until golden.

Nutrition Facts



Properties

Glycemic Index:34.71, Glycemic Load:17.69, Inflammation Score:-10, Nutrition Score:24.594782588922%

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: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 308kcal (15.4%), Fat: 13.62g (20.95%), Saturated Fat: 6.37g (39.84%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 33.59g (12.21%), Sugar: 10.23g (11.37%), Cholesterol: 29.34mg (9.78%), Sodium: 249.01mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin A: 14515.11IU (290.3%), Copper: 4.88mg (243.94%), Manganese: 1.35mg (67.67%), Fiber: 8.39g (33.58%), Vitamin K: 27.35µg (26.05%), Vitamin C: 19.67mg (23.84%), Potassium: 786.79mg (22.48%), Folate: 84.47µg (21.12%), Phosphorus: 210.38mg (21.04%), Magnesium: 73.88mg (18.47%), Calcium: 182.13mg (18.21%), Vitamin B6: 0.32mg (16.2%), Vitamin B5: 1.56mg (15.63%), Vitamin E: 2.34mg (15.58%), Vitamin B1: 0.21mg (14.18%), Vitamin B2: 0.2mg (11.48%), Iron: 1.81mg (10.06%), Zinc: 1.47mg (9.79%), Selenium: 6.64µg (9.49%), Vitamin B3: 1.67mg (8.36%), Vitamin B12: 0.13µg (2.24%)