



Trio of Mashed Roots (Parsnip, Turnip and Carrot)

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 6 carrots peeled chopped
- 1 pinch cayenne pepper
- 0.3 teaspoon ground nutmeg
- 6 servings salt and ground pepper black to taste
- 0.5 cup heavy whipping cream
- 4 large parsnips peeled chopped

2 turnips peeled chopped

Equipment

pot

potato masher

Directions

Place carrots, parsnips, and turnips into a pot and cover with cold, lightly salted water. Bring to a boil and cook until a fork easily breaks apart the vegetables, about 25 minutes; drain. Return vegetables to the pot.

Mix butter, cream, nutmeg, cayenne pepper, salt, and black pepper into vegetables; roughly mash together with a potato masher until vegetables are broken down but individual colors are still visible.

Nutrition Facts

 **PROTEIN 3.53%** **FAT 62.84%** **CARBS 33.63%**

Properties

Glycemic Index:59.31, Glycemic Load:10.38, Inflammation Score:-10, Nutrition Score:17.445217277693%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 317.7kcal (15.89%), Fat: 23.03g (35.44%), Saturated Fat: 14.38g (89.9%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 20.19g (7.34%), Sugar: 10.01g (11.13%), Cholesterol: 63.08mg (21.03%), Sodium: 206.7mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin A: 10962.5IU (219.25%), Manganese: 0.74mg (36.8%), Vitamin C: 29.84mg (36.17%), Vitamin K: 33.48µg (31.88%), Fiber: 7.55g (30.2%), Folate: 88.38µg (22.1%), Potassium: 685.71mg (19.59%), Vitamin E: 2.58mg (17.21%), Phosphorus: 122.12mg (12.21%), Vitamin B6: 0.22mg (11.11%), Magnesium: 43.88mg (10.97%), Vitamin B1: 0.15mg (10.33%), Copper: 0.19mg (9.52%), Vitamin B5: 0.94mg (9.41%), Calcium: 87.78mg (8.78%), Vitamin B2: 0.14mg (8.43%), Vitamin B3: 1.51mg (7.55%), Zinc: 0.93mg (6.23%), Iron: 0.95mg (5.29%), Selenium: 3µg (4.28%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.06µg (1.06%)