



Triple Mashed Vegetables

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 cups carrots peeled sliced
- 0.3 teaspoon pepper
- 3.5 cups potatoes cubed peeled
- 3 cups rutabaga cubed peeled
- 0.8 teaspoon salt

Equipment

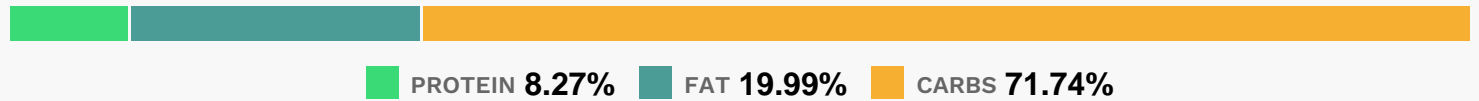
- bowl

sauce pan

Directions

- Place vegetables in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until very tender.
- Drain vegetables and transfer to a bowl. Mash vegetables and add the butter, salt and pepper; beat until smooth and fluffy.

Nutrition Facts



Properties

Glycemic Index:47.43, Glycemic Load:20.9, Inflammation Score:-10, Nutrition Score:16.225217383841%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 180.13kcal (9.01%), Fat: 4.16g (6.4%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 27.5g (10%), Sugar: 7.11g (7.9%), Cholesterol: 10.03mg (3.34%), Sodium: 380.62mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin A: 10812.77IU (216.26%), Vitamin C: 45.41mg (55.04%), Potassium: 936.31mg (26.75%), Vitamin B6: 0.52mg (26%), Fiber: 6.12g (24.47%), Manganese: 0.38mg (19.1%), Vitamin B1: 0.2mg (13.57%), Phosphorus: 130.58mg (13.06%), Magnesium: 50.1mg (12.52%), Vitamin B3: 2.41mg (12.07%), Folate: 46.61µg (11.65%), Vitamin K: 11.45µg (10.9%), Copper: 0.18mg (9.24%), Iron: 1.47mg (8.15%), Calcium: 67.59mg (6.76%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.11mg (6.24%), Vitamin E: 0.75mg (5.03%), Zinc: 0.68mg (4.55%), Selenium: 0.97µg (1.39%)