



Turnip & butternut smash



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 1 large turnip cut into chunks
- ☐ 1 small butternut squash cut into chunks
- ☐ 2 medium potatoes cut into chunks
- ☐ 2 tbsp milk
- ☐ 50 g butter
- ☐ 4 servings nutmeg good

Equipment

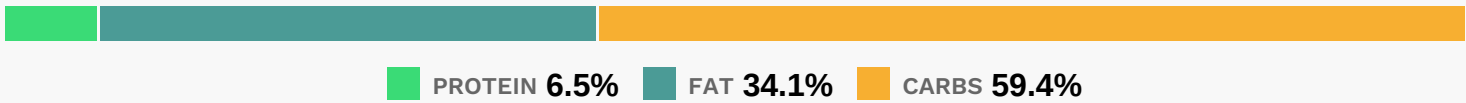
- ☐ frying pan

☐ colander

Directions

- ☐ Put the vegetables in a large pan, cover with water and bring to the boil. Simmer for 15 mins or until the vegetables are very tender, then drain.
- ☐ Leave the vegetables to steam dry in a colander for a few mins, then return to the pan.
- ☐ Add the milk, butter and nutmeg, then season. Crush the vegetables to a chunky mash and serve.

Nutrition Facts



Properties

Glycemic Index:78.69, Glycemic Load:15.7, Inflammation Score:-10, Nutrition Score:21.981304285319%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 283.82kcal (14.19%), Fat: 11.43g (17.59%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 37.48g (13.63%), Sugar: 7.63g (8.48%), Cholesterol: 27.77mg (9.26%), Sodium: 128.09mg (5.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin A: 20259.95IU (405.2%), Vitamin C: 70.02mg (84.88%), Potassium: 1217mg (34.77%), Manganese: 0.66mg (33.07%), Vitamin B6: 0.65mg (32.61%), Fiber: 7.33g (29.33%), Magnesium: 98.09mg (24.52%), Vitamin B1: 0.3mg (20.18%), Vitamin E: 3.02mg (20.12%), Folate: 76.42µg (19.11%), Vitamin B3: 3.59mg (17.97%), Copper: 0.31mg (15.48%), Phosphorus: 149.77mg (14.98%), Calcium: 132.41mg (13.24%), Iron: 2.34mg (13.02%), Vitamin B5: 1.2mg (11.98%), Vitamin B2: 0.1mg (5.94%), Zinc: 0.8mg (5.32%), Vitamin K: 5.03µg (4.79%), Selenium: 1.88µg (2.68%), Vitamin B12: 0.06µg (1.03%)