



Turnip Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 8 tablespoons butter melted 1 stick
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 large new potatoes red
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 large turnips peeled

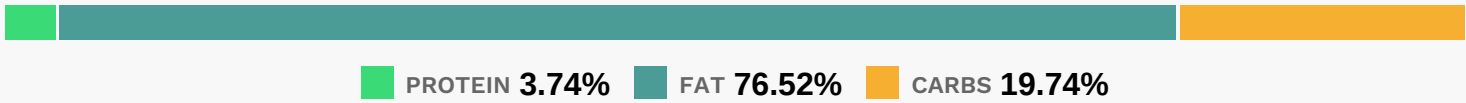
Equipment

- ☐ hand mixer

Directions

- ☐ Slice potatoes and turnips 1/4-inch thick. Cook in boiling water for 15 minutes or until fork-tender.
- ☐ Drain. Whip unpeeled cooked potatoes and turnips with electric mixer, mixing until moderately smooth (don't overbeat them; a few lumps are nice).
- ☐ Add hot cream, butter, and sour cream. Season with salt and pepper, to taste. Whip again until blended. Adjust thickness by adding more cream, if desired.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:6.92, Inflammation Score:-5, Nutrition Score:5.2404348176459%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 224.57kcal (11.23%), Fat: 19.6g (30.15%), Saturated Fat: 12.09g (75.53%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 9.63g (3.5%), Sugar: 3g (3.33%), Cholesterol: 55.39mg (18.46%), Sodium: 325.45mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 18.1mg (21.94%), Vitamin A: 658.92IU (13.18%), Vitamin B6: 0.18mg (8.83%), Potassium: 299.7mg (8.56%), Fiber: 1.75g (6.99%), Manganese: 0.13mg (6.39%), Phosphorus: 59.21mg (5.92%), Vitamin B2: 0.08mg (4.94%), Calcium: 46.58mg (4.66%), Copper: 0.09mg (4.43%), Magnesium: 17.46mg (4.36%), Vitamin B1: 0.06mg (3.9%), Folate: 15.46µg (3.87%), Vitamin E: 0.53mg (3.56%), Vitamin B3: 0.65mg (3.27%), Vitamin B5: 0.32mg (3.17%), Iron: 0.49mg (2.75%), Vitamin K: 2.52µg (2.4%), Zinc: 0.34mg (2.28%), Selenium: 1.56µg (2.24%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.08µg (1.3%)