




 **8%**
HEALTH SCORE

Whipped Autumn Vegetables

 **Vegetarian**  **Gluten Free**

READY IN

30 min.

SERVINGS

9

CALORIES

178 kcal

SIDE DISH

Ingredients

- 1 cup apple juice unsweetened
- 2 tablespoons butter melted
- 0.5 cup apricot dried chopped
- 3 medium parsnips peeled sliced
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 2 pounds sweet potatoes and into cubed peeled (3 large)

Equipment

food processor

sauce pan

Directions

Place the sweet potatoes, parsnips and apricots in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until vegetables are tender.

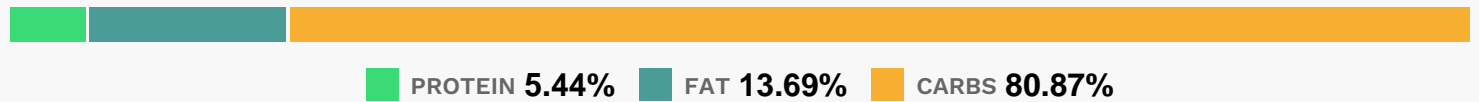
Meanwhile, in a small saucepan, bring apple cider to a boil; cook until reduced to 1/4 cup.

Drain vegetable mixture; cool slightly.

Transfer to a food processor.

Add the butter, salt, pepper and reduced cider. Cover and process for 1–2 minutes or until blended.

Nutrition Facts



Properties

Glycemic Index:29.57, Glycemic Load:16.11, Inflammation Score:-10, Nutrition Score:13.813913079708%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg 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: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 177.89kcal (8.89%), Fat: 2.8g (4.31%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 31.08g (11.3%), Sugar: 13.2g (14.67%), Cholesterol: 6.69mg (2.23%), Sodium: 211.63mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin A: 14638.72IU (292.77%), Manganese: 0.59mg (29.53%), Fiber: 6.14g (24.58%), Potassium: 646.19mg (18.46%), Vitamin C: 11.52mg (13.97%), Vitamin B6: 0.27mg (13.63%), Vitamin K: 13.93µg (13.26%), Copper: 0.24mg (12.14%), Vitamin B5: 1.17mg (11.71%), Folate: 46.52µg (11.63%), Magnesium: 43.98mg (11%), Vitamin E: 1.42mg (9.47%), Phosphorus: 91.91mg (9.19%), Vitamin B1: 0.13mg (8.81%), Iron: 1.15mg (6.39%), Vitamin B2: 0.1mg (5.79%), Vitamin B3: 1.13mg (5.66%), Calcium: 55.97mg (5.6%), Zinc: 0.64mg (4.3%), Selenium: 1.75µg (2.51%)