

SIDE DISH

Whipped Carrots and Parsnips

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.66	223 kcal



Whipped Carrots and Parsnips could be just the gluten free, lacto ovo vegetarian, primal, and fodmap friendly recipe you've been looking for. This side dish has 223 calories, 2g of protein, and 12g of fat per serving. This recipe serves 8 and costs 66 cents per serving.

Ingredients

- ☐ ½ cup butter, diced
- ☐ 1 pinch ground nutmeg
- ☐ 2 pounds parsnips, peeled and cut into 1 1/2 inch pieces
- ☐ 1½ pounds carrots, coarsely chopped
- ☐ 8 servings ground black pepper to taste
- ☐ 8 servings salt to taste

EQUIPMENT Food processor, Bowl, Sauce pan, Pot

Method

- 1 Bring a large pot of salted water to a boil.
- 2 Add carrots, cover partially, and simmer 5 minutes.
- 3 Add parsnips, and cover partially. Simmer until vegetables are very tender, about 15 minutes.
- 4 Drain well.
- 5 Return vegetables to saucepan, and stir over medium heat until any excess moisture evaporates.
- 6 Transfer to food processor.
- 7 Add butter, and process until smooth. Season with nutmeg, salt, and pepper. Can be made 4 hours ahead. Warm over low heat, stirring often.
- 8 Transfer to bowl.
- 9 Serve.

Nutrition per serving

223	2 g	12 g	29 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7.4 g · 46% of daily needs
Fibre			8 g · 32% of daily needs
Sugar			9.5 g · 11% of daily needs
Sodium			355 mg · 15% of daily needs
Cholesterol			30.5 mg · 10% of daily needs
Vitamin C			24.3 mg · 29% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/whipped-carrots-and-parsnips-144649