



WHATSheATE

Whipped Carrots and Parsnips



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients

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

Equipment

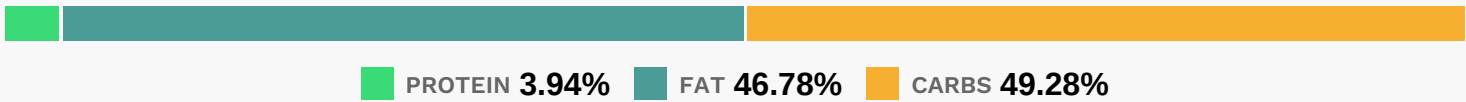
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

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

Nutrition Facts



Properties

Glycemic Index:31.35, Glycemic Load:10.46, Inflammation Score:-10, Nutrition Score:17.202173851106%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 222.55kcal (11.13%), Fat: 12.1g (18.61%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 20.69g (7.52%), Sugar: 9.52g (10.58%), Cholesterol: 30.5mg (10.17%), Sodium: 355.08mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin A: 14563.43IU (291.27%), Manganese: 0.77mg (38.68%), Vitamin K: 37.9µg (36.09%), Fiber: 7.99g (31.96%), Vitamin C: 24.3mg (29.45%), Folate: 92.67µg

(23.17%), Potassium: 702.61mg (20.07%), Vitamin E: 2.58mg (17.21%), Phosphorus: 114.11mg (11.41%), Vitamin B6: 0.22mg (11.02%), Magnesium: 43.78mg (10.94%), Vitamin B1: 0.16mg (10.63%), Vitamin B5: 0.93mg (9.3%), Copper: 0.18mg (8.86%), Vitamin B3: 1.64mg (8.19%), Calcium: 73.09mg (7.31%), Vitamin B2: 0.11mg (6.54%), Zinc: 0.89mg (5.94%), Iron: 0.94mg (5.23%), Selenium: 2.28µg (3.25%)