





Yukon Gold and Fennel Puree with Rosemary Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

Ingredients

- 0.5 cup butter (1 stick)
- 0.5 cup crème fraîche
- 3 large fennel bulb fresh trimmed quartered cut into 3/4-inch pieces ()
- 1.5 tablespoons rosemary leaves fresh chopped
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion cut into 3/4-inch pieces (1 3/4 cups)
- 2 teaspoons sea salt divided fine

- 3 pounds yukon gold potatoes peeled cut into 1 1/2-inch pieces

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- pot
- plastic wrap
- microwave

Directions

- Preheat oven to 375°F. Line large rimmed baking sheet with parchment paper.
- Combine fennel, onion, oil, and 1 teaspoon sea salt in large bowl; toss.
- Spread in single layer on prepared baking sheet; sprinkle with pepper. Roast until fennel and onion are very tender, about 1 hour 15 minutes. Cool slightly.
- Transfer fennel mixture to processor and puree until almost smooth.
- Cook potatoes in large pot of boiling salted water until very tender, about 25 minutes.
- Drain well. Cool slightly.
- Place in large bowl and mash with potato masher until smooth.
- Mix in fennel puree.
- Melt butter with rosemary and 1 teaspoon sea salt in small saucepan over medium heat. Stir butter mixture into fennel-potato puree.
- Mix in crème fraîche. Season to taste with more pepper and salt, if desired. DO AHEAD: Can be made 6 hours ahead.
- Transfer puree to large microwave-safe bowl. Cover with plastic wrap. Chill. Before serving, microwave on high until heated through, about 4 minutes.
- * Sold at some supermarkets and at specialty foods stores.

Nutrition Facts

PROTEIN 5.86% FAT 50.84% CARBS 43.3%

Properties

Glycemic Index:20.58, Glycemic Load:18.96, Inflammation Score:-6, Nutrition Score:12.861739200094%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 272.61kcal (13.63%), Fat: 15.93g (24.5%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 25.13g (9.14%), Sugar: 4.69g (5.21%), Cholesterol: 31.19mg (10.4%), Sodium: 586.91mg (25.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.13g (8.25%), Vitamin K: 50.21µg (47.82%), Vitamin C: 36.21mg (43.9%), Potassium: 898.82mg (25.68%), Vitamin B6: 0.45mg (22.68%), Fiber: 5.4g (21.6%), Manganese: 0.36mg (18.09%), Phosphorus: 127.52mg (12.75%), Magnesium: 45.99mg (11.5%), Folate: 44.17µg (11.04%), Copper: 0.2mg (10.05%), Vitamin B3: 1.91mg (9.57%), Vitamin A: 461.06IU (9.22%), Iron: 1.65mg (9.19%), Vitamin E: 1.33mg (8.9%), Vitamin B1: 0.12mg (8.26%), Calcium: 68.88mg (6.89%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.09mg (5.45%), Zinc: 0.61mg (4.04%), Selenium: 1.49µg (2.14%)