Mashed Potatoes and Turnips

Servings: 12

3 pounds turnips, peeled and cut into 2-inch pieces
3 pounds russet potatoes, peeled and cut into 2-inch pieces
1 cup light cream
salt and pepper (to taste)

Bring two pots of water to a boil while you peel the vegetables. Add the potatoes to one pot and the turnips to the other. Simmer until each is fork-tender (the potatoes may take longer than the turnips).

Drain and add both to a large bowl.

As you mash the vegetables, warm the cream on the stove or in the microwave.

Stir in the cream and season with salt and pepper.

Instead of turnips, you can substitute rutabaga or celery root.

Per Serving (excluding unknown items): 154 Calories; 4g Fat (23.0% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 76mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	154	**Vitamin B6 (mg):**	.4mg
% Calories from Fat:	23.0%	**Vitamin B12 (mcg):**	trace
% Calories from Carbohydrates:	67.7%	**Thiamin B1 (mg):**	.1mg
% Calories from Protein:	9.3%	**Riboflavin B2 (mg):**	.1mg
Total Fat (g):	4g	**Folacin (mcg):**	28mcg
Saturated Fat (g):	2g	**Niacin (mg):**	2mg
Monounsaturated Fat (g):	1g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	trace	**Alcohol (kcal):**	0
Cholesterol (mg):	13mg	**% Refuse:**	0.0%
Carbohydrate (g):	27g	**Food Exchanges**	
Dietary Fiber (g):	3g	**Grain (Starch):**	1 1/2
Protein (g):	4g	**Lean Meat:**	0
Sodium (mg):	76mg	**Vegetable:**	1

Potassium (mg):	816mg	**Fruit:**	0
Calcium (mg):	55mg	**Non-Fat Milk:**	0
Iron (mg):	1mg	**Fat:**	1
Zinc (mg):	1mg	**Other Carbohydrates:**	0
Vitamin C (mg):	42mg		
Vitamin A (i.u.):	144IU		
Vitamin A (r.e.):	36 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 154	Calories from Fat: 35

	% Daily Values*
Total Fat 4g	6%
Saturated Fat 2g	12%
Cholesterol 13mg	4%
Sodium 76mg	3%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	14%
Protein 4g	

Vitamin A	3%
Vitamin C	70%
Calcium	5%
Iron	6%

Percent Daily Values are based on a 2000 calorie diet.