

Rutabaga and Carrot Mash

Deanna Segrave-Daly - Philadelphia, PA

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Servings: 8

Yield: 6 cups

*3 pounds (about two large)
rutabagas, peeled and cut into 1-inch
pieces
1 pound carrots, peeled and cut into
1-inch pieces
1/2 teaspoon salt, divided
1 cup sour cream
1/2 cup buttermilk
freshly ground black pepper
chopped parsley*

Place the rutabagas and carrots in a large stockpot. Fill with cold water to one inch above the vegetables. Bring to a boil over medium-high heat. Add 1/4 teaspoon of salt. Stir and reduce the heat to medium-low. Simmer until the vegetables are tender, 45 to 60 minutes. Drain and return to the pot.

Stir in the sour cream. Mash the vegetables with a potato masher, leaving the texture a bit chunky. Pour in the buttermilk and continue to mash until thoroughly mixed. Add the remaining salt and pepper.

Serve immediately.

Per Serving (excluding unknown items): 108 Calories; 6g Fat (50.7% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 193mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	108	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	40.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	22mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	13mg	% Refuse:	0.0%

Carbohydrate (g):	11g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	193mg
Potassium (mg):	405mg
Calcium (mg):	90mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	14744IU
Vitamin A (r.e.):	1520RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	108	Calories from Fat: 55
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% Daily Values*

Total Fat	6g	10%
Saturated Fat	4g	19%
Cholesterol	13mg	4%
Sodium	193mg	8%
Total Carbohydrates	11g	4%
Dietary Fiber	3g	11%
Protein	3g	

Vitamin A	295%
Vitamin C	30%
Calcium	9%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.