

Parsnip Potatoes

The addition of the parsnips to this dish gives these potatoes a really unique flavor.

2 lbs potatoes (peeled & cubed) 3 Tbs 2% milk
3 med size parsnips (peeled & cubed) 1 tsp salt
1 8 ounce carton reduced-fat sour cream

Procedure

1. In a large saucepan, bring to a boil the potatoes and parsnips. Cover, reduce heat and simmer for around 15-20 minutes or until tender. 2. Drain. 3. Mash with electric mixer with the sour cream, milk and salt. 4. May need to heat in microwave just before serving.

Servings: 6

Yield: 1/6

Degree of Difficulty: Easy

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Inactive Time:

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (8.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	183.24
Calories From Fat (25%)	46.72
% Daily Value	
Total Fat 5.29g	11%
Saturated Fat 3.17g	21%
Cholesterol 16.1mg	7%
Sodium 427.84mg	24%
Potassium 875.8mg	33%
Total Carbohydrates 29.89g	13%
Fiber 6.23g	33%
Protein 5.93g	16%

Recipe Type

Side Dish

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.