

Parsnip Puree

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/parsnip-christmas-recipe>

Ingredients:

- 8 parsnips medium sized, peeled and cut into large chunks
- 1/3 cup buttermilk
- 1/4 cup butter
- pepper
- salt
- 2 tablespoons chopped fresh chives

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 12 grams
6. Protein: 4 grams
7. SaturatedFat: 7 grams
8. Sodium: 320 milligrams
9. Sugar: 12 grams

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