

Celery Root Mash

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/celery-root-chinese-recipe>

Ingredients:

- 2 pounds celery root
- 1/2 cup milk or cream
- 3 tablespoons unsalted butter
- salt to taste
- celery root leaves Chopped, for garnish, optional

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 250 milligrams
9. Sugar: 4 grams

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