



1994 Carrot-Sweet Potato Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 5 carrots sliced
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

- ☐ 1 tablespoon sugar
- ☐ 16 ounce sweet potatoes drained canned
- ☐ 29 ounce sweet potatoes drained canned
- ☐ 0.8 cup water

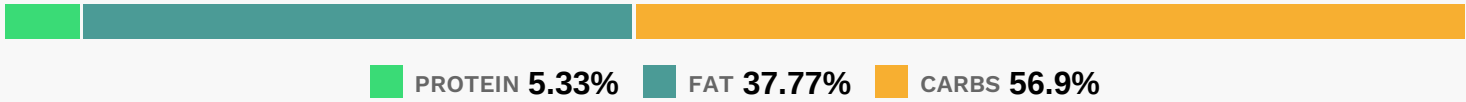
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave carrot and 3/4 cup water in a glass bowl at HIGH 10 to 12 minutes or until tender.
- ☐ Drain.
- ☐ Process carrot and butter in a food processor until mixture is smooth, stopping to scrape down sides.
- ☐ Transfer to a large bowl.
- ☐ Process sweet potatoes until smooth, stopping to scrape down sides.
- ☐ Add to carrot mixture.
- ☐ Stir together sweet potato mixture, sour cream, and remaining ingredients. Spoon into a 1 1/2-quart glass dish. Cover and chill up to 2 days, if desired; let stand at room temperature 30 minutes. Microwave at HIGH 4 to 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:91.73, Glycemic Load:36.26, Inflammation Score:-10, Nutrition Score:23.464782559353%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol:

0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 533.43kcal (26.67%), Fat: 22.88g (35.2%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 77.53g (25.84%), Net Carbohydrates: 65.68g (23.88%), Sugar: 21.97g (24.41%), Cholesterol: 33.45mg (11.15%), Sodium: 527.09mg (22.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin A: 58873.14IU (1177.46%), Manganese: 0.96mg (48.15%), Fiber: 11.86g (47.43%), Potassium: 1400.32mg (40.01%), Vitamin B6: 0.8mg (39.97%), Vitamin B5: 2.97mg (29.65%), Copper: 0.54mg (26.92%), Magnesium: 96.27mg (24.07%), Phosphorus: 223.91mg (22.39%), Vitamin B1: 0.31mg (20.89%), Vitamin B2: 0.34mg (20.07%), Calcium: 185.59mg (18.56%), Vitamin C: 13.39mg (16.23%), Vitamin K: 16.91µg (16.11%), Vitamin E: 2.01mg (13.39%), Folate: 53.46µg (13.36%), Vitamin B3: 2.59mg (12.97%), Iron: 2.25mg (12.47%), Zinc: 1.34mg (8.94%), Selenium: 4.13µg (5.89%), Vitamin B12: 0.13µg (2.22%)