



Carrot and Potato Purée

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter unsalted
- 0.5 cup cup heavy whipping cream
- 1 teaspoon sea salt fine
- 2.5 lb yukon gold potatoes
- 1.5 lb carrots cut into 1/2-inch pieces
- 8 servings frangelico medium

Equipment

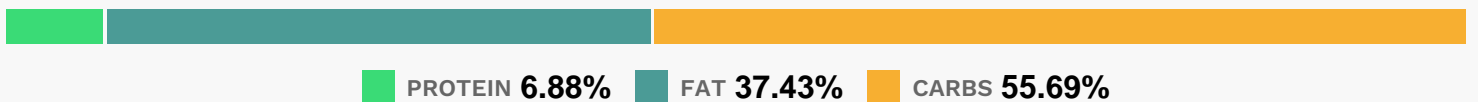
- food processor

- pot
- double boiler
- microwave
- slotted spoon
- colander
- potato ricer

Directions

- Cook carrots in a 6-quart pot of boiling salted water
- , uncovered, until very tender, 20 to 25 minutes.
- While carrots are boiling, peel potatoes and cut into 1/2-inch pieces.
- Transfer cooked carrots with a slotted spoon to a food processor.
- Add potatoes to boiling water and cook, uncovered, until tender, about 10 minutes, then drain in a colander.
- While potatoes are cooking, purée carrots in food processor with 1/4 cup cream until smooth, about 2 minutes.
- Heat butter and remaining 1/4 cup cream in pot over moderate heat, stirring, until butter is melted, then force potatoes through ricer into pot.
- Add carrot purée, sea salt, and pepper to taste and stir until combined well.
- Carrot and potato purée can be made 1 day ahead and chilled, covered. Reheat in a microwave or double boiler.

Nutrition Facts



Properties

Glycemic Index:16.32, Glycemic Load:20.83, Inflammation Score:-10, Nutrition Score:15.341739221759%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 232.23kcal (11.61%), Fat: 9.96g (15.32%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 27.84g (10.12%), Sugar: 5.57g (6.19%), Cholesterol: 28.1mg (9.37%), Sodium: 362.47mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 14560.91IU (291.22%), Vitamin C: 33.03mg (40.04%), Vitamin B6: 0.54mg (27.04%), Potassium: 884.36mg (25.27%), Fiber: 5.5g (22%), Manganese: 0.34mg (16.98%), Vitamin K: 14.76µg (14.06%), Phosphorus: 120.45mg (12.05%), Vitamin B3: 2.34mg (11.71%), Vitamin B1: 0.17mg (11.52%), Magnesium: 43.96mg (10.99%), Folate: 39.59µg (9.9%), Copper: 0.19mg (9.7%), Iron: 1.38mg (7.66%), Vitamin B2: 0.12mg (7.32%), Vitamin B5: 0.7mg (6.95%), Calcium: 56.33mg (5.63%), Vitamin E: 0.83mg (5.56%), Zinc: 0.66mg (4.38%), Vitamin D: 0.32µg (2.11%), Selenium: 1.01µg (1.44%)