



Carrot-Apricot Mash



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup all-natural apricot nectar
- ☐ 0.3 cup butter
- ☐ 2 pounds carrots peeled sliced
- ☐ 1 cup chicken broth
- ☐ 2 garlic cloves sliced
- ☐ 3 tablespoons orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons whipping cream

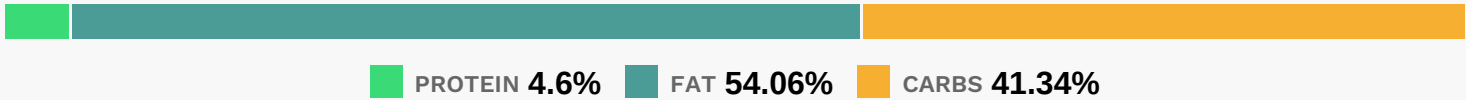
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 to 20 minutes or until carrots are very tender.
- ☐ Process carrot mixture, in batches, in a food processor until smooth, stopping to scrape down sides as needed. Return mixture to saucepan; add butter, whipping cream, and salt. Cook over medium heat, stirring constantly, until warm.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:10.210000066654%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 130.33kcal (6.52%), Fat: 8.2g (12.61%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 10.66g (3.87%), Sugar: 7.69g (8.54%), Cholesterol: 22.2mg (7.4%), Sodium: 381.15mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin A: 19420.8IU (388.42%), Vitamin C: 14.68mg (17.79%), Vitamin K: 15.85µg (15.09%), Fiber: 3.45g (13.78%), Potassium: 393.53mg (11.24%), Manganese: 0.19mg (9.68%), Vitamin B6: 0.18mg (8.89%), Vitamin E: 1.05mg (6.98%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.23mg (6.17%), Vitamin B2: 0.1mg (5.96%), Folate: 22.84µg (5.71%), Calcium: 50.81mg (5.08%), Phosphorus: 48.23mg (4.82%), Magnesium: 15.91mg (3.98%), Vitamin B5: 0.36mg (3.65%), Copper: 0.06mg (3.17%), Iron: 0.42mg (2.31%), Zinc: 0.33mg (2.21%)