



Carrot Celery Root Puree

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

Ingredients

- 3 extra large carrots peeled cut into 1-inch chunks
- 2 celery roots peeled cut into 1/2-inch chunks
- 6 servings kosher salt and freshly cracked pepper black
- 2 large shallots peeled chopped
- 2 tablespoons butter unsalted
- 2 cups vegetable stock

Equipment

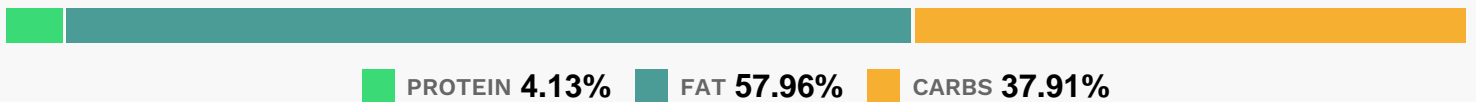
- food processor

- bowl
- sauce pan
- dutch oven
- colander

Directions

- Watch how to make this recipe.
- Melt 2 tablespoons butter in a Dutch oven or large saucepan with a lid over medium heat.
- Add the shallots and cook until just beginning to turn golden about 5 minutes.
- Add the carrots and celery root and season with salt and pepper, to taste. Stir in the stock, and enough water to just cover the vegetables. Bring to a boil, then reduce the heat to a simmer, cover, and cook until vegetables are fork tender, about 30 minutes.
- Drain the vegetables in a colander set over a bowl to reserve the cooking liquid.
- Transfer the vegetables to a food processor and season with salt and pepper, to taste. Puree until very smooth, adding cooking liquid, as needed, to reach the desired consistency. Taste and season again, if necessary.
- Transfer to a serving bowl and serve warm.
- Cook's Note: This can be made the day before and slowly reheated.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:6.6143478284711%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 57.75kcal (2.89%), Fat: 3.89g (5.98%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.95g (3.28%), Cholesterol: 10.03mg (3.34%), Sodium: 540.35mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin A: 5439IU (108.78%), Vitamin K: 8.33µg (7.93%), Fiber: 1.33g (5.34%), Potassium: 161.26mg (4.61%), Manganese: 0.08mg (4.12%), Vitamin B6: 0.08mg (4.04%), Vitamin C: 2.88mg (3.49%), Folate: 13.57µg (3.39%), Vitamin E: 0.35mg (2.33%), Phosphorus: 20mg (2%), Calcium: 19.72mg (1.97%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.36mg (1.81%), Magnesium: 6.97mg (1.74%), Vitamin B2: 0.03mg (1.68%), Vitamin B5: 0.15mg (1.45%), Copper: 0.03mg (1.33%), Iron: 0.22mg (1.23%)