



Carrot-Coriander Puree

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2.3 cups carrots chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 cup milk 1% low-fat
- ☐ 2 cups d potatoes refrigerated mashed (such as Simply Potatoes)
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

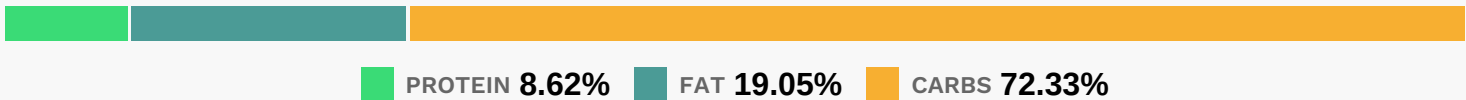
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Heat potatoes according to package directions. Keep warm.
- ☐ Cook carrot in boiling water 15 minutes or until tender.
- ☐ Drain.
- ☐ Place carrot, milk, and remaining ingredients in a food processor; process until smooth, scraping sides of bowl occasionally.
- ☐ Combine potatoes and carrot mixture in a large bowl, stirring until well blended.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:5.71, Inflammation Score:-10, Nutrition Score:6.4439131954442%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 50.14kcal (2.51%), Fat: 1.1g (1.69%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 7.91g (2.88%), Sugar: 2.32g (2.58%), Cholesterol: 2.75mg (0.92%), Sodium: 125.01mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin A: 4049.05IU (80.98%), Vitamin C: 8.33mg (10.1%), Vitamin B6: 0.14mg (6.97%), Potassium: 233.61mg (6.67%), Fiber: 1.48g (5.93%), Manganese: 0.09mg (4.63%), Vitamin K: 3.95µg (3.77%), Phosphorus: 34.07mg (3.41%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.61mg (3.06%), Magnesium: 11.86mg (2.96%), Folate: 10.3µg (2.57%), Copper: 0.05mg (2.49%), Iron: 0.36mg (2.01%), Vitamin B2: 0.03mg (1.93%), Calcium: 19.34mg (1.93%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.19mg (1.27%), Zinc: 0.19mg (1.24%)