



## Carrot Puree with Browned Butter and Ginger

 Vegetarian  Gluten Free  Low Fod Map

READY IN



41 min.

SERVINGS



10

CALORIES



126 kcal

SIDE DISH

### Ingredients

- 1 medium baking potato peeled coarsely chopped
- 0.3 cup butter
- 2.5 pounds carrots peeled coarsely chopped
- 1 teaspoon ground ginger
- 0.7 cup half-and-half
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon citrus champagne vinegar

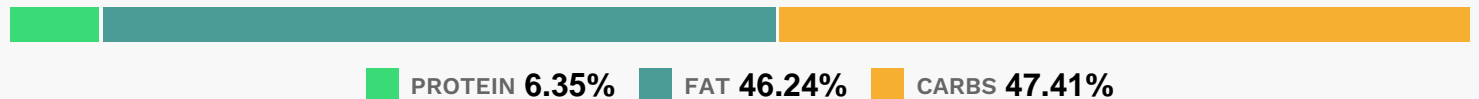
## Equipment

- food processor
- frying pan
- sauce pan

## Directions

- Place carrot and potato in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until very tender.
- Drain well. Process half of potato and carrot in a food processor until smooth.
- Place butter in a small skillet. Cook over medium heat 3 minutes or until butter solids turn light brown, stirring often.
- Add brown butter and half-and-half to carrot puree.
- Add remaining half of carrot and potato, salt, and remaining ingredients; process until smooth.
- Note: Beurre noisette is French meaning "browned butter." Don't be tempted to substitute margarine; it won't have the same flavor or consistency. Cook carefully to develop the light hazelnut ("noisette") color.

## Nutrition Facts



## Properties

Glycemic Index:21.36, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:10.621739156868%

## 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 126.23kcal (6.31%), Fat: 6.76g (10.4%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 12.1g (4.4%), Sugar: 6.18g (6.87%), Cholesterol: 17.85mg (5.95%), Sodium: 358.37mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin A: 19143.76IU (382.88%), Vitamin K: 16.04µg (15.28%), Fiber: 3.49g (13.97%), Potassium: 478.29mg (13.67%), Manganese: 0.27mg (13.5%), Vitamin B6:

0.24mg (11.98%), Vitamin C: 8.06mg (9.77%), Vitamin B3: 1.37mg (6.87%), Phosphorus: 68.63mg (6.86%), Vitamin B1: 0.1mg (6.51%), Folate: 25.22µg (6.3%), Vitamin B2: 0.11mg (6.26%), Vitamin E: 0.92mg (6.15%), Calcium: 59.5mg (5.95%), Magnesium: 20.81mg (5.2%), Vitamin B5: 0.43mg (4.28%), Copper: 0.08mg (3.82%), Iron: 0.59mg (3.25%), Zinc: 0.41mg (2.74%), Selenium: 0.89µg (1.27%)