



Carrot Purée with Kalamata Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 2 pound carrots cut into 1/4-inch-thick slices
- ☐ 2 garlic clove
- ☐ 2 ounces olives black pitted sliced
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons butter unsalted

Equipment

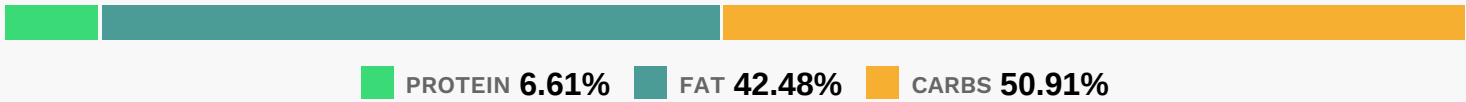
- ☐ food processor
- ☐ sauce pan

- ☐ blender
- ☐ colander

Directions

- ☐ Cover carrots and garlic with salted water by 1 inch in a 2- to 3-quart saucepan and boil, partially covered, until tender, about 15 minutes.
- ☐ Drain well in a colander, then purée carrots and garlic in a blender or food processor with butter and broth until very smooth.
- ☐ Transfer purée to saucepan and add olives, then cook over low heat, stirring frequently, just until hot.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:14.671739052171%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 170.68kcal (8.53%), Fat: 8.58g (13.19%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 16.28g (5.92%), Sugar: 10.88g (12.09%), Cholesterol: 15.05mg (5.02%), Sodium: 387.49mg (16.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 38119.34IU (762.39%), Vitamin K: 30.65µg (29.19%), Fiber: 6.85g (27.4%), Potassium: 764.77mg (21.85%), Manganese: 0.35mg (17.48%), Vitamin B6: 0.34mg (16.96%), Vitamin C: 13.85mg (16.79%), Vitamin E: 2.2mg (14.67%), Vitamin B3: 2.68mg (13.4%), Folate: 43.77µg (10.94%), Vitamin B1: 0.16mg (10.4%), Phosphorus: 92.77mg (9.28%), Calcium: 87.79mg (8.78%), Vitamin B2: 0.15mg (8.55%), Magnesium: 29.58mg (7.4%), Copper: 0.14mg (6.99%), Vitamin B5: 0.64mg (6.39%), Iron: 0.84mg (4.66%), Zinc: 0.6mg (4.02%)