



## Carrot Shallot Puree



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

## Ingredients

- ☐ 1 pound carrots sliced
- ☐ 6 servings nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 servings try build-a-meal
- ☐ 6 servings salt
- ☐ 1 large shallots minced

## Equipment

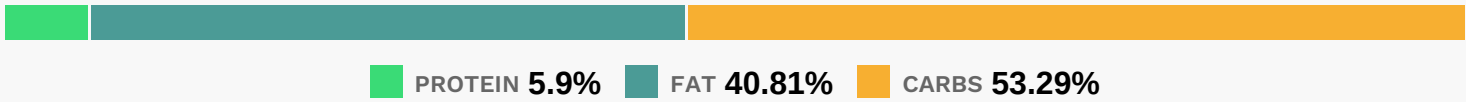
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ In a medium saucepan, cover the carrots with water and simmer over moderate heat until tender, about 20 minutes.
- ☐ Drain, reserving the liquid.
- ☐ In a skillet, saut the shallot in the oil over moderately low heat until softened, about 7 minutes.
- ☐ Transfer to a food processor with the carrots and 1/3 cup of the cooking liquid and process until smooth.
- ☐ Transfer to a bowl, season with salt and nutmeg and serve.

## Nutrition Facts



## Properties

Glycemic Index:24.47, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:8.5999999953353%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 68.36kcal (3.42%), Fat: 3.27g (5.03%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 246.83mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin A: 12631.84IU (252.64%), Manganese: 0.25mg (12.29%), Fiber: 2.89g (11.57%), Vitamin K: 11.48µg (10.93%), Potassium: 270.2mg (7.72%), Vitamin B6: 0.13mg (6.3%), Vitamin C: 4.85mg (5.88%), Vitamin E: 0.85mg (5.67%), Folate: 17.45µg (4.36%), Vitamin B3: 0.83mg (4.16%), Vitamin B1: 0.06mg (4.15%), Magnesium: 16.09mg (4.02%), Phosphorus: 39.54mg (3.95%), Copper: 0.07mg (3.27%), Calcium: 30.87mg (3.09%), Vitamin B2: 0.05mg (2.87%), Vitamin B5: 0.23mg (2.33%), Iron: 0.42mg (2.31%), Zinc: 0.3mg (1.98%)