



Carrot-Sweet Potato Puree

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 5 carrots sliced
- 0.5 teaspoon nutmeg
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon pepper black
- 1 teaspoon lemon zest grated
- 2 tablespoons butter light
- 0.3 teaspoon salt
- 8 ounce cream light sour

- 1 tablespoon sugar
- 16 ounce sweet potatoes and into drained canned
- 29 ounce sweet potatoes and into drained canned
- 0.8 cup water

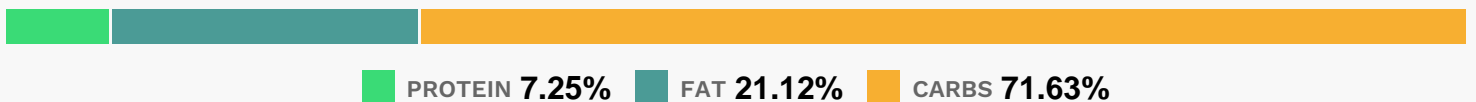
Equipment

- food processor
- bowl
- microwave

Directions

- Microwave carrots and 3/4 cup water in a glass bowl at HIGH 8 to 12 minutes or until fork tender.
- Drain.
- Process carrots and butter in a food processor until mixture is smooth, stopping to scrape down sides.
- Add sweet potatoes; process until smooth.
- Stir together sweet potato mixture, container of light sour cream, and remaining ingredients.
- Spoon mixture into a 1 1/2-quart glass dish. Microwave at HIGH 4 to 5 minutes or until thoroughly heated.
- Note: To prepare ahead, cover and chill up to 2 days, if desired; let stand at room temperature 30 minutes. Microwave as directed.
- Original recipe: Calories 363 (37% from fat); Fat 15g (sat 10g); Chol: 52mg.

Nutrition Facts



Properties

Glycemic Index:61.15, Glycemic Load:24.17, Inflammation Score:-10, Nutrition Score:17.122608757537%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 287.46kcal (14.37%), Fat: 6.88g (10.59%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 44.63g (16.23%), Sugar: 13.44g (14.94%), Cholesterol: 18.18mg (6.06%), Sodium: 283.54mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.63%), Vitamin A: 38878.17IU (777.56%), Manganese: 0.64mg (31.89%), Fiber: 7.9g (31.62%), Potassium: 965.77mg (27.59%), Vitamin B6: 0.52mg (26.23%), Vitamin B5: 1.84mg (18.42%), Copper: 0.36mg (17.91%), Magnesium: 64.13mg (16.03%), Phosphorus: 146.8mg (14.68%), Vitamin B1: 0.22mg (14.4%), Calcium: 138.25mg (13.82%), Vitamin B2: 0.21mg (12.3%), Vitamin C: 8.91mg (10.8%), Vitamin K: 11.12µg (10.59%), Folate: 37.48µg (9.37%), Iron: 1.55mg (8.6%), Vitamin B3: 1.72mg (8.6%), Vitamin E: 1.09mg (7.26%), Zinc: 0.97mg (6.47%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.16µg (2.75%)