



Carrots in Horseradish Sauce

READY IN



45 min.

SERVINGS



2

CALORIES



140 kcal

SAUCE

Ingredients

- 2 cups scraped and carrot sliced
- 2.3 teaspoons flour all-purpose
- 2 teaspoons horseradish prepared
- 1.5 teaspoons butter reduced-calorie
- 2 tablespoons nonfat milk powder dry instant
- 1 Dash salt
- 0.5 cup skim milk divided
- 1.5 teaspoons spicy brown mustard

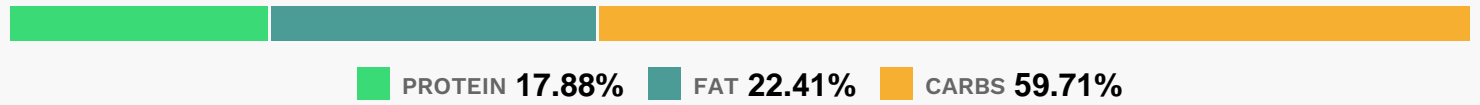
Equipment

- sauce pan

Directions

- Arrange carrot in a vegetable steamer over boiling water. Cover and steam 6 to 7 minutes or until crisp-tender. Set aside, and keep warm.
- Combine flour and 2 tablespoons skim milk, stirring until smooth.
- Combine flour mixture, remaining 1/4 cup plus 2 tablespoons milk, milk powder, and margarine in a small saucepan, stirring well. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly.
- Remove from heat; stir in horseradish, mustard, and salt.
- Combine carrot and horseradish mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:111.04, Glycemic Load:6.45, Inflammation Score:-10, Nutrition Score:14.754782583403%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 140.29kcal (7.01%), Fat: 3.62g (5.56%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.52g (15.02%), Cholesterol: 3.34mg (1.11%), Sodium: 270.59mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Vitamin A: 21808.95IU (436.18%), Calcium: 224.23mg (22.42%), Phosphorus: 191.83mg (19.18%), Potassium: 668.05mg (19.09%), Vitamin B2: 0.29mg (16.88%), Vitamin K: 17.03µg (16.22%), Fiber: 3.97g (15.88%), Vitamin B6: 0.25mg (12.34%), Vitamin B1: 0.18mg (11.7%), Vitamin C: 9.33mg (11.31%), Manganese: 0.22mg (11.19%), Vitamin B12: 0.66µg (11.02%), Vitamin D: 1.5µg (9.99%), Folate: 36.56µg (9.14%), Magnesium: 34.72mg (8.68%), Vitamin B5: 0.86mg (8.65%), Selenium: 5.58µg (7.97%), Vitamin B3: 1.58mg (7.88%), Vitamin E: 0.98mg (6.51%), Zinc: 0.97mg (6.47%), Copper: 0.07mg (3.54%), Iron: 0.59mg (3.3%)