



Creamed Carrot Strips

READY IN



30 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- 1 dash pepper black
- 2 tablespoons butter
- 4.5 ounce mushrooms drained canned
- 1 pound carrots julienned peeled
- 1 cup celery chopped
- 1 cube chicken bouillon
- 0.3 teaspoon tarragon dried
- 2 tablespoons flour all-purpose
- 0.7 cup milk

- 0.3 cup onion chopped
- 0.3 teaspoon salt
- 0.8 cup water

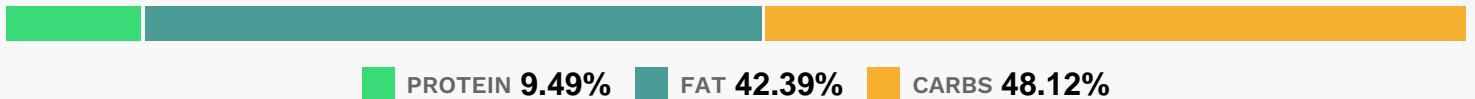
Equipment

- frying pan
- sauce pan

Directions

- Heat water in a large saucepan over medium-high heat. Dissolve bouillon in hot water and add carrots; cover and boil gently for 10 minutes.
- Meanwhile, melt butter in a large skillet over medium heat.
- Saute celery, mushrooms and onion until tender. Stir in flour, salt, tarragon and pepper. Gradually stir in milk and carrots with the broth they were boiled in.
- Cook over medium heat, stirring occasionally, until mixture comes to a boil and thickens.

Nutrition Facts



Properties

Glycemic Index:61.81, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:10.386521764424%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 100.46kcal (5.02%), Fat: 4.96g (7.63%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 9.59g (3.49%), Sugar: 5.9g (6.56%), Cholesterol: 13.29mg (4.43%), Sodium: 295.72mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin A: 12869.37IU (257.39%), Vitamin K: 15.38µg (14.65%), Fiber: 3.09g (12.35%), Potassium: 370.07mg (10.57%), Manganese: 0.18mg (8.97%), Vitamin B6: 0.16mg

(7.88%), Phosphorus: 77.96mg (7.8%), Vitamin B1: 0.11mg (7.32%), Folate: 29.19µg (7.3%), Calcium: 72.38mg (7.24%), Vitamin C: 5.52mg (6.69%), Vitamin B3: 1.33mg (6.65%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.55mg (5.46%), Copper: 0.1mg (5.1%), Magnesium: 19.3mg (4.82%), Vitamin E: 0.67mg (4.48%), Selenium: 2.46µg (3.52%), Zinc: 0.51mg (3.38%), Iron: 0.59mg (3.27%), Vitamin B12: 0.15µg (2.57%), Vitamin D: 0.34µg (2.27%)