



Creamy Mashed Carrots

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- 2 lb carrots peeled thinly sliced
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 14 oz chicken broth fat-free reduced-sodium canned

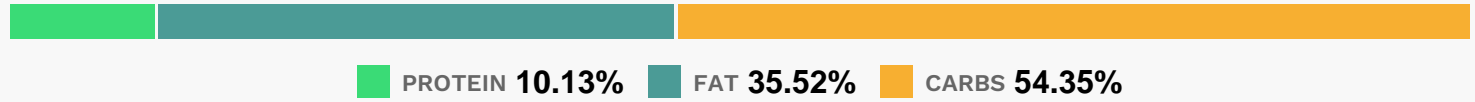
Equipment

- sauce pan

Directions

- Bring carrots and broth to boil in saucepan on high heat; cover. Simmer on medium-low heat 30 min. or until carrots are very tender and most of the broth is absorbed, uncovering for the last 5 min.
- Remove from heat; mash until smooth.
- Add cream cheese spread; stir until melted.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:9.4560869465704%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 83.66kcal (4.18%), Fat: 3.43g (5.28%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 8.64g (3.14%), Sugar: 5.89g (6.54%), Cholesterol: 8.8mg (2.93%), Sodium: 346.99mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin A: 19079.07IU (381.58%), Vitamin K: 14.97µg (14.26%), Fiber: 3.18g (12.7%), Potassium: 377.76mg (10.79%), Manganese: 0.17mg (8.38%), Vitamin B6: 0.16mg (8.17%), Vitamin C: 6.69mg (8.11%), Vitamin B3: 1.39mg (6.96%), Calcium: 56.43mg (5.64%), Folate: 22.04µg (5.51%), Vitamin B1: 0.08mg (5.22%), Vitamin E: 0.75mg (4.99%), Phosphorus: 45.15mg (4.51%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.37mg (3.69%), Magnesium: 14.1mg (3.53%), Copper: 0.06mg (3.02%), Iron: 0.41mg (2.28%), Zinc: 0.28mg (1.88%), Selenium: 1.2µg (1.72%), Vitamin B12: 0.1µg (1.65%)