



## Cumin-And-Coriander-Scented Carrot Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

### Ingredients

- ☐ 10 ounce baking potato peeled
- ☐ 2 teaspoons butter
- ☐ 4 medium carrots cut into 1-inch pieces ( 3/4 pound)
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 2 tablespoons 0%-less-fat cream sour (such as Breakstone)
- ☐ 0.5 teaspoon salt

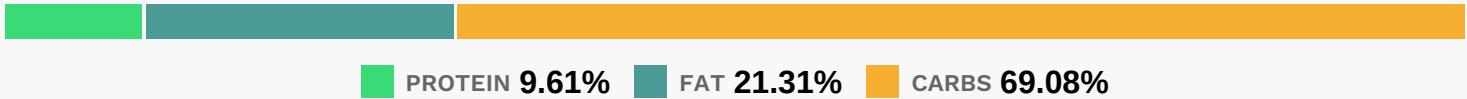
# Equipment

- ☐ food processor
- ☐ sauce pan

# Directions

- ☐ Place carrot and potato in a large saucepan, and cover with water. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until vegetables are tender; drain.
- ☐ Place vegetables, coriander, and remaining ingredients in a food processor, and process until smooth. Reheat in a saucepan over medium heat, if necessary.

# Nutrition Facts



# Properties

Glycemic Index:43.15, Glycemic Load:12.79, Inflammation Score:-10, Nutrition Score:10.798695706317%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 122.09kcal (6.1%), Fat: 3.01g (4.63%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 19.06g (6.93%), Sugar: 5.72g (6.35%), Cholesterol: 3.18mg (1.06%), Sodium: 372.89mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin A: 10332.14IU (206.64%), Vitamin B6: 0.34mg (16.95%), Potassium: 538.69mg (15.39%), Fiber: 2.89g (11.55%), Manganese: 0.22mg (10.98%), Vitamin C: 7.89mg (9.56%), Vitamin K: 9.4µg (8.95%), Phosphorus: 85.38mg (8.54%), Vitamin B1: 0.11mg (7.4%), Magnesium: 28.93mg (7.23%), Vitamin B3: 1.38mg (6.9%), Calcium: 65.75mg (6.57%), Vitamin B2: 0.11mg (6.36%), Iron: 1.06mg (5.89%), Folate: 22.74µg (5.69%), Copper: 0.11mg (5.49%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.51mg (3.42%), Vitamin E: 0.51mg (3.39%), Vitamin B12: 0.12µg (1.92%), Selenium: 1.01µg (1.44%)