



Marbled Potatoes and Carrots

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds potatoes peeled cut into pieces (if desired)
- ☐ 6 cups carrots sliced
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup milk
- ☐ 1 tablespoon butter
- ☐ 0.8 teaspoon dill dried

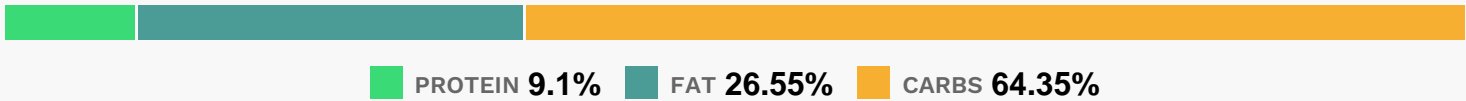
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula
- ☐ dutch oven

Directions

- ☐ Heat 1 inch water (salted if desired) to boiling in 4-quart Dutch oven.
- ☐ Add potatoes. Cover and heat to boiling; reduce heat. Cook 25 to 30 minutes or until tender; drain. Shake pan gently over low heat to dry potatoes.
- ☐ While potatoes are cooking, heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- ☐ Add carrots. Cover and heat to boiling; reduce heat. Cook about 20 minutes or until very tender; drain.
- ☐ Mash potatoes until no lumps remain. Beat in 1/3 to 2/3 cup milk in small amounts.
- ☐ Add 2 tablespoons butter and 3/4 teaspoon salt. Beat vigorously until potatoes are light and fluffy. Cover to keep warm.
- ☐ Mash carrots until no lumps remain. Beat in 1/3 to 2/3 cup milk in small amounts. Beat in 1 tablespoon butter and the dill weed.
- ☐ Spoon potato mixture into half of large serving bowl; spoon carrot mixture into other half. Pull a small rubber spatula through mixtures to create a marbled design.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:11.460434815158%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 122.99kcal (6.15%), Fat: 3.75g (5.76%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 16.97g (6.17%), Sugar: 4.68g (5.2%), Cholesterol: 2.64mg (0.88%), Sodium: 235.54mg (10.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin A: 10857.89IU (217.16%), Vitamin C: 18.71mg (22.68%), Vitamin B6: 0.33mg (16.31%), Potassium: 559.68mg (15.99%), Fiber: 3.46g (13.85%), Manganese: 0.21mg (10.55%), Vitamin K: 9.95µg (9.48%), Phosphorus: 88.88mg (8.89%), Vitamin B1: 0.12mg (7.71%), Vitamin B3: 1.45mg (7.26%), Magnesium: 28.1mg (7.03%), Folate: 24.29µg (6.07%), Calcium: 59.54mg (5.95%), Copper: 0.11mg (5.55%), Vitamin B2: 0.09mg (5.48%), Vitamin B5: 0.48mg (4.84%), Iron: 0.81mg (4.52%), Vitamin E: 0.55mg (3.66%), Zinc: 0.47mg (3.1%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.24µg (1.62%), Selenium: 0.71µg (1.01%)