



Mommy's Sweet Carrot Milk

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



429 kcal

BEVERAGE

DRINK

Ingredients

- 5 large carrots peeled cut into large chunks
- 1 teaspoon ground cardamom
- 3 quarts skim milk
- 3 cups sugar
- 2 cups water

Equipment

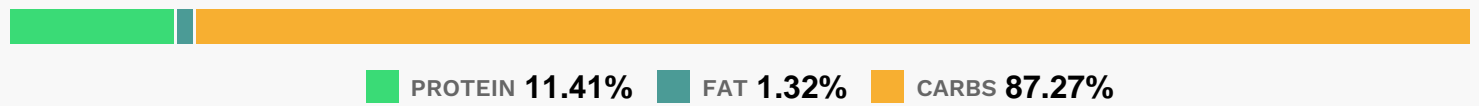
- sauce pan
- pot

blender

Directions

- Place the carrots and water into a saucepan, and bring to a boil. Boil until tender, about 5 minutes.
- Remove from heat and let cool slightly, then puree carrots and water in a blender.
- In a large pot, heat the milk over medium heat. Stir in the carrots, sugar and cardamom until sugar has dissolved. Cool to room temperature, then refrigerate until chilled, about 2 hours. Shake or stir before serving.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:59.56, Inflammation Score:-10, Nutrition Score:17.913043618202%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 428.64kcal (21.43%), Fat: 0.65g (1%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 96.54g (32.18%), Net Carbohydrates: 95.21g (34.62%), Sugar: 94.9g (105.45%), Cholesterol: 10.65mg (3.55%), Sodium: 180.3mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin A: 8241.66IU (164.83%), Calcium: 486.78mg (48.68%), Phosphorus: 395.92mg (39.59%), Vitamin B12: 2.06µg (34.31%), Vitamin B2: 0.51mg (29.75%), Vitamin D: 3.9µg (26.02%), Potassium: 740.95mg (21.17%), Vitamin B1: 0.23mg (15.26%), Vitamin B5: 1.39mg (13.9%), Vitamin B6: 0.27mg (13.43%), Magnesium: 49.15mg (12.29%), Zinc: 1.74mg (11.58%), Selenium: 7.59µg (10.85%), Manganese: 0.15mg (7.4%), Vitamin K: 5.94µg (5.66%), Fiber: 1.33g (5.32%), Vitamin B3: 0.86mg (4.32%), Folate: 15.65µg (3.91%), Vitamin C: 2.71mg (3.28%), Copper: 0.04mg (2.15%), Vitamin E: 0.3mg (1.98%), Iron: 0.21mg (1.15%)