



Rutabaga and Carrot Purée



Vegetarian



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 5 carrots cut into 1-inch pieces
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons brown sugar light packed
- ☐ 2 rutabaga peeled cut into 1-inch pieces
- ☐ 3 tablespoons butter unsalted

Equipment

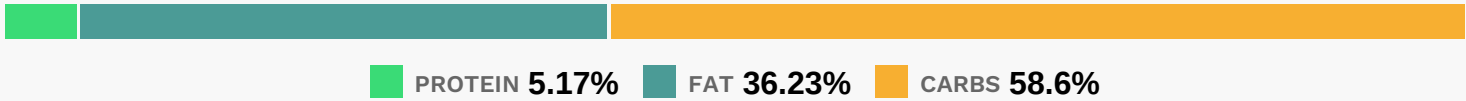
- ☐ food processor
- ☐ pot

☐ slotted spoon

Directions

- ☐ Cook rutabagas and carrots in boiling salted water to cover by 1 inch in a large pot until tender, about 30 minutes.
- ☐ Transfer vegetables with a slotted spoon to a food processor and purée with butter, brown sugar, and salt until very smooth. If necessary, transfer purée back to pot and reheat.
- ☐ Purée keeps, covered and chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:10.363478205774%

Flavonoids

Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg, Apigenin: 3.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 106.08kcal (5.3%), Fat: 4.5g (6.93%), Saturated Fat: 2.74g (17.09%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 13.1g (4.76%), Sugar: 10.48g (11.64%), Cholesterol: 11.29mg (3.76%), Sodium: 330.41mg (14.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin A: 6502.29IU (130.05%), Vitamin C: 26.37mg (31.97%), Fiber: 3.29g (13.15%), Potassium: 423.63mg (12.1%), Manganese: 0.18mg (9.24%), Vitamin B6: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.49%), Folate: 27.71µg (6.93%), Phosphorus: 65.93mg (6.59%), Magnesium: 24.39mg (6.1%), Calcium: 59.25mg (5.93%), Vitamin K: 5.69µg (5.42%), Vitamin B3: 1.06mg (5.29%), Vitamin E: 0.66mg (4.42%), Vitamin B2: 0.06mg (3.68%), Iron: 0.57mg (3.19%), Vitamin B5: 0.27mg (2.7%), Copper: 0.05mg (2.56%), Zinc: 0.33mg (2.2%), Selenium: 0.82µg (1.17%)