



## Spiced Carrot Puree

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

### Ingredients

- 4 tablespoons butter
- 8 carrots cut into 1-inch lengths
- 1 pinch ground pepper
- 1 cinnamon sticks
- 1.5 teaspoons cumin seeds toasted
- 1 clove garlic smashed
- 4 servings kosher salt
- 0.3 teaspoon nutmeg freshly grated

2 yukon gold potatoes cut into sixths

## Equipment

frying pan

sauce pan

## Directions

Combine the carrots and potatoes in a medium saucepan and cover with water. Season the water generously with salt and toss in the cinnamon stick and garlic. Bring the water to a boil and boil until the carrots and potatoes are fork tender.

Remove from the water.

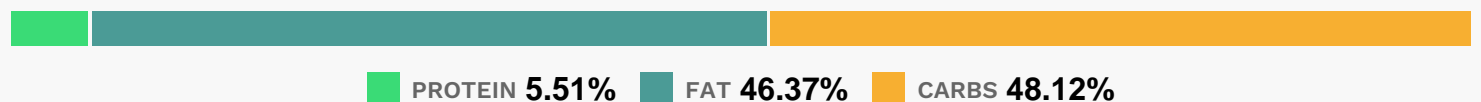
Place the butter in a small saute pan and cook until the butter is melted, browned and smells like hazelnuts.

Remove from the heat and stir in the ground cumin, nutmeg and cayenne.

Pass the carrots and potatoes through a food mill. Stir in the spiced butter vigorously. Taste and make sure the carrot puree is delicious. Re-season if needed.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:80.65, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:14.779999926038%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 222.68kcal (11.13%), Fat: 11.95g (18.39%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 22.03g (8.01%), Sugar: 6.54g (7.26%), Cholesterol: 30.1mg (10.03%), Sodium: 374.59mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin A: 20755.58IU (415.11%), Vitamin C: 24.29mg (29.44%), Manganese: 0.5mg (24.98%), Fiber: 5.88g (23.51%), Potassium: 772.78mg (22.08%), Vitamin B6:

0.43mg (21.71%), Vitamin K: 19.05µg (18.14%), Vitamin B3: 2.16mg (10.78%), Vitamin B1: 0.16mg (10.41%), Phosphorus: 100.3mg (10.03%), Magnesium: 38.2mg (9.55%), Folate: 37.47µg (9.37%), Iron: 1.62mg (9.01%), Copper: 0.16mg (8%), Vitamin E: 1.19mg (7.95%), Calcium: 71.31mg (7.13%), Vitamin B2: 0.11mg (6.27%), Vitamin B5: 0.61mg (6.08%), Zinc: 0.62mg (4.11%)