



## Truffle Potato and Carrot Puree

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

### Ingredients

- 2 ounces butter unsalted sweet whole
- 1.5 pounds carrots cleaned peeled roughly chopped
- 2 ounces heavy cream
- 1 ounce heavy whipping cream
- 4 servings kosher salt
- 4 servings kosher salt and pepper white freshly ground
- 6 drops truffle oil black
- 4 servings pepper white freshly ground

2 pounds yukon gold potatoes peeled

## Equipment

bowl

pot

blender

colander

## Directions

Bring a large pot of water to a boil over medium heat.

Add the potatoes and boil until fork tender, about 40 minutes. Strain the potatoes in a colander, then run the potatoes through food mill into a large bowl.

Warm the heavy cream and butter in a stainless steel pot over low heat. Fold the cream mixture into the potatoes.

Add salt and pepper, to taste, along with 6 drops of black truffle oil.

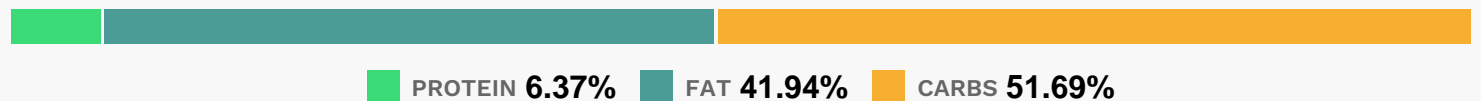
Transfer to a serving bowl and serve.

Add the carrots to a stock pot and cover with water. Bring to a boil over medium heat and cook for 35 minutes. Strain the carrots and add to a blender.

Add the heavy cream and puree. Season with salt and pepper, to taste.

Transfer to a serving bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:32.65, Glycemic Load:34.41, Inflammation Score:-10, Nutrition Score:24.467825972516%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 443.4kcal (22.17%), Fat: 21.37g (32.88%), Saturated Fat: 12.52g (78.23%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 48.47g (17.63%), Sugar: 10.46g (11.62%), Cholesterol: 54.5mg (18.17%), Sodium: 332.29mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.61%), Vitamin A: 29087.74IU (581.75%), Vitamin C: 55.68mg (67.49%), Vitamin B6: 0.92mg (45.78%), Potassium: 1525.7mg (43.59%), Fiber: 10.8g (43.2%), Manganese: 0.76mg (38.18%), Vitamin K: 29.34µg (27.94%), Phosphorus: 211.58mg (21.16%), Vitamin B3: 4.09mg (20.45%), Vitamin B1: 0.3mg (19.97%), Magnesium: 77.95mg (19.49%), Copper: 0.36mg (18.13%), Folate: 70.28µg (17.57%), Iron: 2.89mg (16.03%), Vitamin B2: 0.22mg (13%), Vitamin E: 1.89mg (12.57%), Vitamin B5: 1.21mg (12.05%), Calcium: 111.52mg (11.15%), Zinc: 1.18mg (7.84%), Vitamin D: 0.55µg (3.69%), Selenium: 1.75µg (2.51%)