

Carrot Puree'

Gina Myers - Spokane, WA
Taste of Home Magazine - Feb/ Mar 2014

Servings: 4

2 tablespoons olive oil
2 pounds carrots, chopped
2 shallots, chopped
4 cloves garlic, minced
1 teaspoon fresh thyme leaves
1/2 teaspoon salt
1/4 teaspoon pepper

Preparation Time: 20 minutes

Cook Time: 40 minutes

In a Dutch oven, heat the oil over medium heat. Add the carrots and shallots. Cook and stir for 12 to 15 minutes or until the carrots are crisp-tender. Stir in the garlic and thyme. Cook for 1 minute longer. Add water to cover the carrots. Bring to a boil. Reduce the heat and simmer, uncovered, for 20 to 25 minutes or until the carrots are very tender.

Drain. Cool slightly. Place the carrot mixture, salt and pepper in a food processor. Process until smooth.

Per Serving (excluding unknown items): 155 Calories; 7g Fat (39.2% calories from fat); 2g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 338mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	155
% Calories from Fat:	39.2%
% Calories from Carbohydrates:	54.9%
% Calories from Protein:	5.9%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	22g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	30mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 6g
 Protein (g): 2g
 Sodium (mg): 338mg
 Potassium (mg): 684mg
 Calcium (mg): 65mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 20mg
 Vitamin A (i.u.): 57463IU
 Vitamin A (r.e.): 5744 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 4 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 155 Calories from Fat: 61

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	338mg	14%
Total Carbohydrates	22g	7%
Dietary Fiber	6g	25%
Protein	2g	

Vitamin A	1149%
Vitamin C	34%
Calcium	6%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.