

# Carrot puree

Cuisine: Czech

Food category: Side dishes



Author: Vlastimil Jaša

Company: Retigo



## Program steps

1 Steaming Termination by time 00:25 hh:mm 99 °C + 80 %

## Ingredients - number of portions - 10

Name	Value	Unit
carrot	2200	g
Butter	250	g
salt	20	g
nutmeg	0.1	g

## Directions

Peel the carrot and cut it into larger cubes. Place in a perforated GN and cook until soft, then pour over the mixing bowl of the universal machine, add the butter and other ingredients and blitz until smooth.

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	827.1 kJ
Carbohydrate	15.5 g
Fat	20.5 g
Protein	2.6 g
Water	0 g

## Recommended accessories



GN container Stainless steel perforated