

Carrot puree

Cuisine: **Czech**
Food category: **Side dishes**



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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

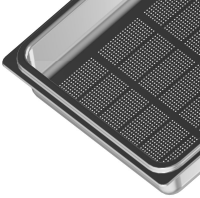
Peel the carrot and cut it into larger cubes. Place in a perforated GN and cook until soft, then pour over the mixing bowl of the universal machine, add the butter and other ingredients and blitz until smooth.

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