

Simple side

Carrot and cauliflower mash



IDEA	SOLUTION
Create a side dish using recognizable ingredients with an appealing taste	Develop a ready-to-serve mash using vegetable purees to deliver flavor, color and texture

Ingredients	% as is
Step 1 Carrot puree	46.18
Cauliflower puree	46.18
Step 2 Butter, unsalted	5.59
Lemon zest	1.22
Juice, lemon	0.41
Salt, kosher	0.31
Pepper, black, ground	0.10
Saffron, threads	0.02
Total	100.00

Preparation

Procedure

1. Combine 1 lb each cauliflower and carrot purees. Heat to simmer.
2. Add 3 T unsalted butter, the grated zest of a small lemon, a quick squeeze of lemon juice, a generous pinch of saffron, crumbled, and salt and pepper.
3. Blend until desired texture is reached.
4. Season again with salt and pepper to taste.

Nutrition Facts

Serving Size	100g
Amount per Serving	
Calories	60
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3.0g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 70mg	0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

****ALLERGEN INFORMATION****

Milk & Milk Products

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