

SIDE DISH

Baked Zesty Carrots

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	8	\$0.42	318 kcal



Baked Zesty Carrots might be just the side dish you are searching for. This recipe serves 8. For 42 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. Watching your figure? This lacto ovo vegetarian recipe has 318 calories, 1g of protein, and 32g of fat pe...

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 16 ounce package frozen, chopped carrots
- ☐ 3½ tablespoons prepared horseradish
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon salt
- ☐ ¼ cup melted butter
- ☐ ½ cup crushed corn flake cereal
- ☐ ½ cup light cream
- ☐ 1 tablespoon grated onion

EQUIPMENT Bowl, Oven, Baking pan

Method

- 1

Preheat oven to 350 degrees F (175 degrees C).
- 2

Place carrots in a 9x13 inch baking dish.
- 3

In a medium bowl combine cream, horseradish, onion, mayonnaise, salt and pepper.
- 4

Pour mixture over carrots.
- 5

Combine melted butter and corn flakes; sprinkle over carrots.
- 6

Bake in preheated oven for 15 to 20 minutes, or until heated through.

Nutrition per serving			
	318	1 g	32 g
	KCAL	PROTEIN	FAT
			8 g
			CARBS
Saturated Fat			9.8 g · 61% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			3.6 g · 4% of daily needs
Sodium			599 mg · 26% of daily needs
Cholesterol			43.6 mg · 15% of daily needs
Vitamin C			5.5 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/baked-zesty-carrots-144632