

Carrot Casserole with Cheese

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 cups carrots sliced
- ☐ 0.5 cup bread crumbs dry fine
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 1 large onion diced
- ☐ 1.5 cups processed cheese food
- ☐ 0.5 teaspoon salt

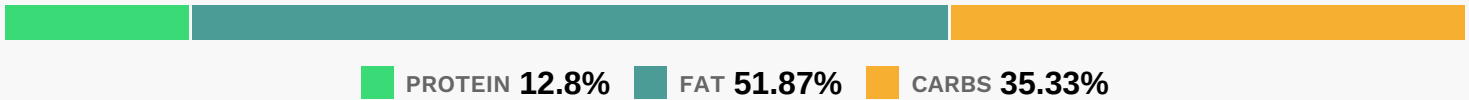
Equipment

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add carrots and cook until tender but still firm, about 15 minutes.
- ☐ Drain and place in a 2 quart casserole dish. Stir in onion, butter, cream, salt, pepper and cheese; mix well.
- ☐ Sprinkle bread crumbs over the top.
- ☐ Bake in preheated oven for 50 minutes.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:18.280434774316%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 296.24kcal (14.81%), Fat: 17.52g (26.95%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 21.2g (7.71%), Sugar: 10.79g (11.99%), Cholesterol: 51.22mg (17.07%), Sodium: 980.99mg (42.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Vitamin A: 29047.82IU (580.96%), Calcium: 452.25mg (45.23%), Phosphorus: 312.76mg (31.28%), Vitamin K: 24.89µg (23.7%), Fiber: 5.65g (22.6%), Manganese: 0.4mg (19.76%), Potassium: 658.71mg (18.82%), Vitamin B6: 0.3mg (14.97%), Vitamin B1: 0.22mg (14.58%), Vitamin C: 11.98mg (14.52%), Vitamin B2: 0.24mg (14.33%), Selenium: 9.96µg (14.23%), Folate: 50.1µg

(12.53%), Vitamin B3: 2.34mg (11.7%), Vitamin E: 1.57mg (10.44%), Zinc: 1.48mg (9.88%), Vitamin B12: 0.58µg (9.61%), Magnesium: 36.98mg (9.25%), Vitamin B5: 0.72mg (7.18%), Iron: 1.25mg (6.93%), Copper: 0.13mg (6.45%), Vitamin D: 0.37µg (2.46%)