



Carrot-Pecan Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 pounds baby carrots sliced
- 0.5 cup butter softened
- 2 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.3 cup milk
- 1 tablespoon orange rind grated
- 0.5 cup pecans toasted chopped
- 0.7 cup sugar

1 teaspoon vanilla extract

Equipment

food processor

sauce pan

oven

mixing bowl

baking pan

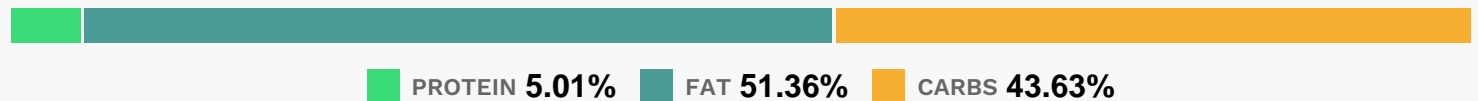
Directions

Cook carrots in boiling water to cover in a saucepan 25 minutes or until tender; drain, let cool slightly, and process in food processor until smooth.

Transfer carrots to large mixing bowl; stir in sugar and remaining ingredients. Spoon into a lightly greased 11- x 7-inch baking dish. Cover and chill 8 hours, if desired.

Bake casserole, uncovered, at 350 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:14.0747827136%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 307.97kcal (15.4%), Fat: 18.09g (27.82%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 28.81g (10.48%), Sugar: 25.5g (28.34%), Cholesterol: 47.42mg (15.81%), Sodium: 287.41mg (12.5%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 3.97g (7.94%), Vitamin A: 24050.76IU (481.02%), Manganese: 0.59mg (29.5%), Fiber: 5.76g (23.02%), Vitamin K: 16.3µg (15.52%), Folate: 58.86µg (14.72%),

Potassium: 471.6mg (13.47%), Copper: 0.27mg (13.39%), Iron: 2.05mg (11.4%), Vitamin B6: 0.22mg (11.14%), Phosphorus: 105.57mg (10.56%), Vitamin B5: 0.99mg (9.89%), Selenium: 6.83µg (9.76%), Vitamin B2: 0.16mg (9.48%), Vitamin B1: 0.13mg (8.66%), Calcium: 81.8mg (8.18%), Magnesium: 29.05mg (7.26%), Vitamin C: 5.55mg (6.72%), Vitamin B3: 1.22mg (6.11%), Zinc: 0.82mg (5.44%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.33µg (2.23%)