



Carrot Ring

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 cup breadcrumbs soft
- 2 tablespoons butter melted
- 2 pounds carrots cooked mashed
- 3 eggs
- 0.3 teaspoon nutmeg
- 1 tablespoon onion minced
- 0.5 cup pecans chopped
- 0.1 teaspoon bell pepper red
- 0.8 teaspoon salt

- 3 ounces sharp cheddar cheese shredded
- 1 cup whipping cream
- 0.3 teaspoon pepper white

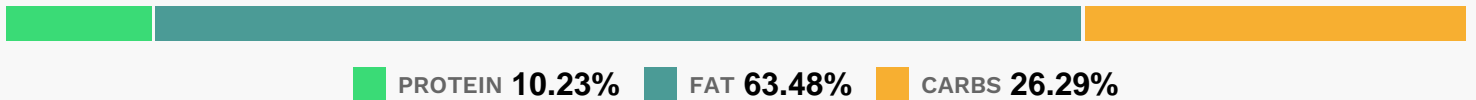
Equipment

- oven
- mixing bowl
- wire rack

Directions

- Beat eggs in a large mixing bowl until thick and lemon colored; add remaining ingredients, mixing well.
- Spoon into a well-greased 4- cup ovenproof ring mold.
- Bake at 350 for 1 hour.
- Remove from oven; cool on wire rack 40 minutes.
- Serving Suggestion: Carrot Ring may be filled with Celery with Mushrooms or Southern-Cooked Green Peas.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:14.002173838408%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 272.97kcal (13.65%), Fat: 19.73g (30.35%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 14.79g (5.38%), Sugar: 6.02g (6.69%), Cholesterol: 84.5mg (28.17%), Sodium: 423.31mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin A: 15766.99IU (315.34%), Manganese: 0.48mg (24.22%), Selenium: 10.2µg (14.57%), Vitamin B2: 0.25mg (14.54%), Phosphorus: 144.7mg (14.47%), Fiber: 3.59g (14.36%), Vitamin B1: 0.21mg (14.25%), Calcium: 138.15mg (13.82%), Vitamin K: 13.89µg (13.23%), Potassium: 384.2mg (10.98%), Folate: 39.22µg (9.81%), Vitamin B6: 0.19mg (9.41%), Vitamin B3: 1.7mg (8.52%), Vitamin E: 1.19mg (7.95%), Zinc: 1.16mg (7.76%), Copper: 0.15mg (7.51%), Magnesium: 28mg (7%), Vitamin C: 5.73mg (6.94%), Iron: 1.21mg (6.74%), Vitamin B5: 0.66mg (6.56%), Vitamin B12: 0.29µg (4.77%), Vitamin D: 0.7µg (4.64%)