



Carrot Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 2 pounds carrots chopped
- ☐ 3 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup cream fat-free sour
- ☐ 1 teaspoon vanilla extract

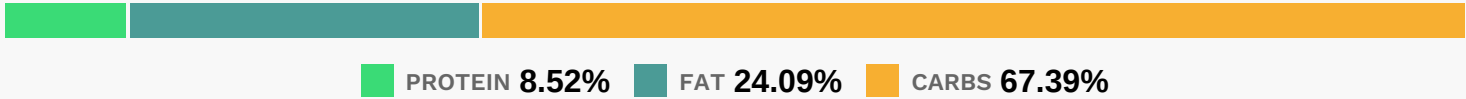
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook carrot in boiling water 15 minutes or until very tender; drain.
- ☐ Place carrot in a food processor; process until smooth.
- ☐ Add granulated sugar and next 7 ingredients (granulated sugar through eggs); pulse to combine.
- ☐ Spoon mixture into a 2-quart baking dish coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until puffed and set.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:41.74, Glycemic Load:16.92, Inflammation Score:-10, Nutrition Score:11.480000050172%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 180.8kcal (9.04%), Fat: 4.97g (7.65%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 28.07g (10.21%), Sugar: 22.42g (24.91%), Cholesterol: 77.92mg (25.97%), Sodium: 263.45mg (11.45%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.96g (7.92%), Vitamin A: 19151.33IU (383.03%),

Vitamin K: 15.28µg (14.55%), Fiber: 3.25g (13.01%), Potassium: 403.06mg (11.52%), Vitamin B2: 0.18mg (10.65%), Selenium: 7.34µg (10.49%), Phosphorus: 98.5mg (9.85%), Vitamin B6: 0.19mg (9.56%), Manganese: 0.19mg (9.43%), Folate: 36.4µg (9.1%), Calcium: 87.82mg (8.78%), Vitamin C: 6.69mg (8.11%), Vitamin B1: 0.11mg (7.17%), Vitamin E: 1.03mg (6.85%), Vitamin B3: 1.3mg (6.52%), Vitamin B5: 0.61mg (6.13%), Iron: 0.86mg (4.8%), Magnesium: 17.46mg (4.37%), Zinc: 0.58mg (3.84%), Copper: 0.07mg (3.57%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.38µg (2.5%)