



Carrot Soufflé

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds carrots fresh sliced
- ☐ 6 large eggs
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.8 cup butter divided melted
- ☐ 0.3 cup matzo meal
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 2 teaspoons vanilla extract

☐ 1 cup walnut pieces chopped

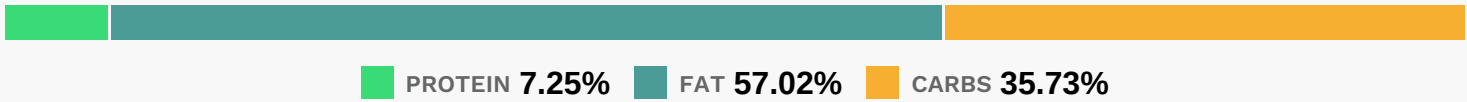
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Cook carrot in water to cover in a large saucepan over medium-high heat 20 to 25 minutes or until very tender; drain well.
- ☐ Process carrot and eggs in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Add 2/3 cup sugar, matzo meal, 1/2 cup butter, salt, nutmeg, and vanilla; process until smooth.
- ☐ Pour mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 40 to 45 minutes or until set.
- ☐ Combine remaining 1/3 cup sugar, 1/4 cup butter, and walnuts. Top souffl with mixture; bake 5 to 10 more minutes.
- ☐ * 1 (2-pound) package sliced frozen carrots may be substituted for fresh carrots.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:14.068260877029%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg 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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 376.89kcal (18.84%), Fat: 24.54g (37.76%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 31.13g (11.32%), Sugar: 24.8g (27.55%), Cholesterol: 111.6mg (37.2%), Sodium: 324.39mg (14.1%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 7.02g (14.05%), Vitamin A: 15928.78IU (318.58%), Manganese: 0.57mg (28.57%), Selenium: 11.72µg (16.74%), Phosphorus: 139.8mg (13.98%), Fiber: 3.47g (13.88%), Vitamin B2: 0.23mg (13.63%), Copper: 0.25mg (12.68%), Vitamin B6: 0.25mg (12.31%), Vitamin K: 12.39µg (11.8%), Potassium: 397.36mg (11.35%), Folate: 43.79µg (10.95%), Vitamin E: 1.53mg (10.17%), Vitamin B1: 0.13mg (8.78%), Magnesium: 34.79mg (8.7%), Vitamin B5: 0.81mg (8.1%), Iron: 1.3mg (7.21%), Vitamin C: 5.54mg (6.71%), Zinc: 1mg (6.68%), Calcium: 64.29mg (6.43%), Vitamin B3: 1.23mg (6.17%), Vitamin B12: 0.28µg (4.73%), Vitamin D: 0.6µg (4%)