



Carrot Souffle

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 1 pound carrots peeled chopped
- ☐ 3 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

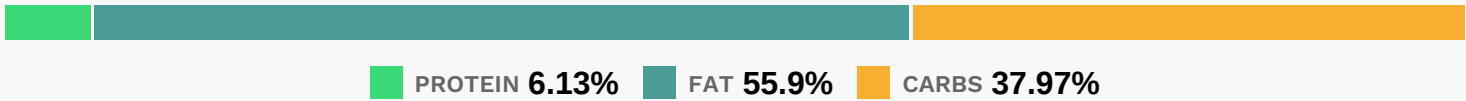
Equipment

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

Directions

- ☐ Bring carrots and water to cover to a boil in a medium saucepan; cook 45 minutes or until very tender.
- ☐ Drain.
- ☐ Process carrots in a food processor until smooth.
- ☐ Stir together carrot puree, eggs, and remaining ingredients. Spoon into a lightly greased 1-quart baking dish.
- ☐ Bake at 350 for 45 minutes or until set. Prep: 10 min., Cook: 45 min.,
- ☐ Bake: 45 min.

Nutrition Facts



Properties

Glycemic Index:35.49, Glycemic Load:12.21, Inflammation Score:-10, Nutrition Score:9.116521773131%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 212.13kcal (10.61%), Fat: 13.41g (20.63%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.83g (6.85%), Sugar: 15.3g (17%), Cholesterol: 69.75mg (23.25%), Sodium: 252.76mg (10.99%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 3.31g (6.62%), Vitamin A: 10080.88IU (201.62%), Selenium: 6.84µg (9.77%), Vitamin B2: 0.14mg (8.27%), Phosphorus: 74.26mg (7.43%), Vitamin K: 7.55µg (7.19%), Vitamin E: 1.01mg (6.75%), Fiber: 1.66g (6.66%), Calcium: 63.45mg (6.34%), Folate: 24.87µg (6.22%), Potassium: 217.37mg (6.21%), Vitamin B6: 0.11mg (5.64%), Manganese: 0.11mg (5.36%), Vitamin B5: 0.47mg (4.67%), Vitamin B1: 0.07mg (4.56%), Vitamin C: 3.37mg (4.09%), Iron: 0.69mg (3.84%), Vitamin B3: 0.74mg (3.71%), Vitamin B12: 0.18µg

(3.02%), Zinc: 0.4mg (2.66%), Magnesium: 10.29mg (2.57%), Vitamin D: 0.38µg (2.5%), Copper: 0.04mg (2.22%)