



Carrot Soufflé

 Vegetarian

READY IN



29 min.

SERVINGS



6

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup cream light sour
- ☐ 1.3 cups sugar

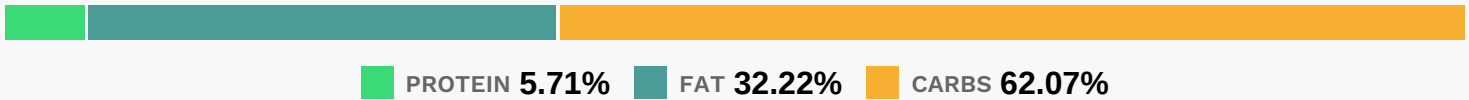
Equipment

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

Directions

- ☐ Cook carrots in boiling water to cover in a large saucepan 20 to 24 minutes or until tender.
- ☐ Drain well; cool.
- ☐ Process carrots and eggs in a food processor until smooth, stopping to scrape down sides.
- ☐ Add sugar and remaining ingredients; process 30 seconds or until smooth.
- ☐ Pour mixture into a lightly greased 8-inch square baking dish.
- ☐ Bake at 350 for 55 to 60 minutes or until set.
- ☐ *1 1/2 pounds carrots, sliced, may be substituted.

Nutrition Facts



Properties

Glycemic Index:48.68, Glycemic Load:32.22, Inflammation Score:-10, Nutrition Score:11.108260880346%

Nutrients (% of daily need)

Calories: 336.2kcal (16.81%), Fat: 12.36g (19.02%), Saturated Fat: 6.93g (43.34%), Carbohydrates: 53.59g (17.86%), Net Carbohydrates: 51.22g (18.62%), Sugar: 45.34g (50.38%), Cholesterol: 120.04mg (40.01%), Sodium: 277.72mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin A: 10859.54IU (217.19%), Selenium: 11.06µg (15.81%), Calcium: 128.28mg (12.83%), Vitamin B2: 0.2mg (11.84%), Phosphorus: 114.13mg (11.41%), Folate: 44.09µg (11.02%), Fiber: 2.38g (9.52%), Manganese: 0.17mg (8.65%), Iron: 1.51mg (8.36%), Vitamin K: 7.98µg (7.6%), Potassium: 263.54mg (7.53%), Vitamin B5: 0.72mg (7.2%), Vitamin B6: 0.13mg (6.42%), Vitamin B1: 0.08mg (5.45%), Copper: 0.11mg (5.37%), Vitamin B12: 0.32µg (5.32%), Zinc: 0.6mg (3.98%), Vitamin B3: 0.77mg (3.83%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.54µg (3.59%), Magnesium: 14.13mg (3.53%), Vitamin C: 2.14mg (2.6%)