



Carrot Zucchini Vegetable Casserole

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bread crumbs italian
- ☐ 0.3 cup butter melted
- ☐ 1 pound carrots sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.8 teaspoon horseradish prepared
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons onion grated
- ☐ 0.5 teaspoon salt

☐ 3 zucchinis sliced

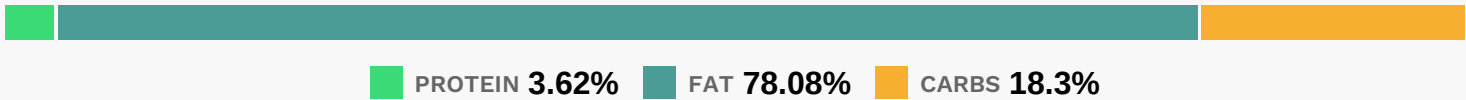
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Place carrots into a pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until just tender, about 15 minutes. Strain carrots out of the water with a slotted spoon.
- ☐ Add zucchini slices to the pot and simmer until tender, 2 to 3 minutes.
- ☐ Drain, reserving about 1/4 cup cooking liquid.
- ☐ Stir reserved cooking liquid into mayonnaise, onion, horseradish, salt, and black pepper in a large bowl.
- ☐ Mix cooked vegetables into mayonnaise mixture until well blended; pour mixture into prepare baking dish.
- ☐ Mix bread crumbs and melted butter in a small bowl; sprinkle over vegetables.
- ☐ Bake in preheated oven until bread crumbs are lightly browned, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:7.9534782770535%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 102.99kcal (5.15%), Fat: 9.19g (14.13%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.82g (3.14%), Cholesterol: 11.27mg (3.76%), Sodium: 177.84mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 5230IU (104.6%), Vitamin K: 18.23µg (17.36%), Vitamin C: 8.96mg (10.86%), Manganese: 0.12mg (6.19%), Potassium: 206.97mg (5.91%), Vitamin B6: 0.11mg (5.42%), Fiber: 1.32g (5.28%), Folate: 16.64µg (4.16%), Vitamin E: 0.58mg (3.87%), Vitamin B2: 0.06mg (3.44%), Phosphorus: 28.87mg (2.89%), Magnesium: 11.31mg (2.83%), Vitamin B1: 0.04mg (2.7%), Vitamin B3: 0.52mg (2.6%), Copper: 0.04mg (1.87%), Calcium: 18.55mg (1.85%), Vitamin B5: 0.18mg (1.82%), Iron: 0.28mg (1.57%), Zinc: 0.22mg (1.47%)