



WHATSheATE

Carrots and Onions Au Gratin



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce baby carrots sliced
- ☐ 1 tablespoon butter
- ☐ 1 cup bread crumbs dry fine
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.5 cups milk
- ☐ 2 medium onions sliced
- ☐ 0.5 teaspoon salt

☐ 1 cup cheddar cheese shredded

Equipment

☐ sauce pan

☐ oven

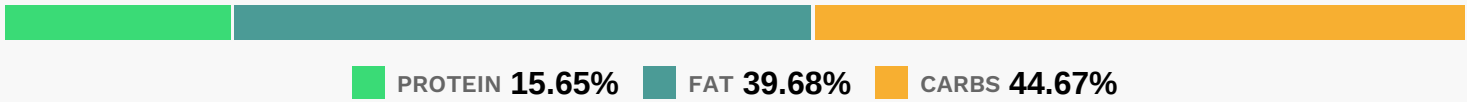
☐ pot

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place carrots and onions in a pot with enough lightly salted water to cover, and bring to a boil. Cook 5 minutes, or until tender but firm.
- ☐ Drain, and spread 1/2 the carrots and onions in a baking dish. Cover with 3/4 cup cheese, layer with remaining carrots and onions, and top with remaining cheese.
- ☐ In a saucepan, melt 3 tablespoons butter and mix in flour until smooth. Gradually stir in milk until thickened, and season with salt and pepper.
- ☐ Pour over the carrots, onions, and cheese in the baking dish.
- ☐ Melt 1 tablespoon butter in a small pot, and mix in bread crumbs.
- ☐ Sprinkle evenly in the baking dish.
- ☐ Bake 20 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:12.703043419382%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 192.11kcal (9.61%), Fat: 8.53g (13.12%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 18.8g (6.84%), Sugar: 6.96g (7.73%), Cholesterol: 23.38mg (7.79%), Sodium: 410.57mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin A: 8078.9IU (161.58%), Calcium: 206.38mg (20.64%), Phosphorus: 160.53mg (16.05%), Vitamin B1: 0.21mg (14.14%), Selenium: 9.89µg (14.13%), Manganese: 0.27mg (13.6%), Vitamin B2: 0.22mg (13.07%), Fiber: 2.8g (11.21%), Folate: 43.15µg (10.79%), Potassium: 284.36mg (8.12%), Iron: 1.37mg (7.62%), Vitamin B12: 0.45µg (7.45%), Vitamin B6: 0.15mg (7.4%), Vitamin B3: 1.47mg (7.33%), Zinc: 1.07mg (7.11%), Vitamin K: 6.99µg (6.66%), Magnesium: 24.24mg (6.06%), Vitamin B5: 0.58mg (5.79%), Copper: 0.11mg (5.58%), Vitamin C: 3.51mg (4.25%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.19mg (1.25%)