

SIDE DISH

Carrots Au Gratin

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	8	\$0.43	177 kcal



Carrots Au Gratin might be a good recipe to expand your side dish recipe box. One portion of this dish contains approximately 5g of protein, 11g of fat, and a total of 177 calories. This recipe serves 8 and costs 43 cents per serving. From preparation to the plate, this recipe takes around 40 minute...

Ingredients

- ☐ 2/3 cup crushed buttery round crackers
- ☐ 3 tablespoons all-purpose flour
- ☐ 3 tablespoons margarine, melted
- ☐ ½ cup chopped onion
- ☐ ½ teaspoon salt
- ☐ 4½ cups sliced carrots
- ☐ ¼ teaspoon ground black pepper
- ☐ 1½ cups milk
- ☐ 2/3 cup shredded processed cheese

EQUIPMENT Bowl, Frying pan, Oven, Baking pan

Method

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Place carrots in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 6-10 minutes.
- 3 Drain. Meanwhile, in a small bowl combine crushed crackers with 1 tablespoon melted margarine.
- 4 Mix well and set aside.
- 5 In a medium skillet over low heat, heat the remaining 2 tablespoons of margarine and saute onions until tender. Stir in flour, salt and pepper. Cook for a few minutes, stirring to prevent browning. Gradually pour in milk, stirring constantly. Increase heat to medium and cook until bubbly and thickened.
- 6 Add cheese and stir until smooth. Fold in carrots.
- 7 Pour mixture into a 9x12 inch baking dish and sprinkle with the crumb mixture.
- 8 Bake in preheated oven for 20 minutes, or until bubbly and golden brown.

Nutrition per serving

177	5 g	11 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.1 g · 26% of daily needs
Fibre			2.4 g · 10% of daily needs
Sugar			6.7 g · 7% of daily needs
Sodium			501 mg · 22% of daily needs
Cholesterol			17.2 mg · 6% of daily needs
Vitamin C			5 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/recipes/carrots-au-gratin-144640](https://www.whatsheate.com/recipes/carrots-au-gratin-144640)