

Carrots Supreme

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- 1 cup breadcrumbs soft
- 1 tablespoon butter
- 8 cups carrots sliced
- 10 ounces cream of mushroom soup undiluted canned
- 4 ounces mushrooms drained canned
- 1 small onion chopped
- 0.5 cup parmesan cheese grated

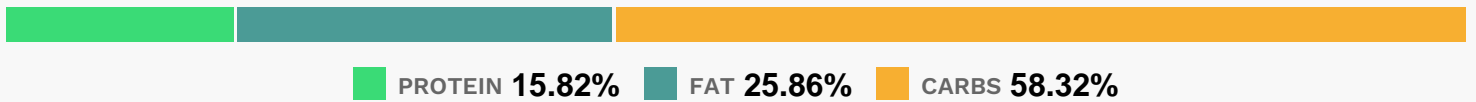
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place carrots in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook until tender. Meanwhile, in a small skillet, saute onion in butter until tender.
- Drain carrots; add onion, soup, mushrooms and Parmesan cheese.
- Transfer to a greased 2-1/2-qt. baking dish.
- Sprinkle with bread crumbs.
- Bake, uncovered, at 350° for 30-35 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:14.706086870121%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 172.9kcal (8.64%), Fat: 5.1g (7.85%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 21.32g (7.75%), Sugar: 7.56g (8.4%), Cholesterol: 10.97mg (3.66%), Sodium: 560.07mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin A: 21481.65IU (429.63%), Manganese: 0.44mg (21.83%), Fiber: 4.55g (18.21%), Vitamin K: 18.05µg (17.19%), Vitamin B1: 0.24mg (15.96%), Potassium: 550.48mg (15.73%), Vitamin B3: 3mg (15%), Vitamin B2: 0.23mg (13.61%), Phosphorus: 132.12mg (13.21%), Calcium: 126.47mg (12.65%), Vitamin B6: 0.24mg (11.88%), Folate: 45.75µg (11.44%), Copper: 0.21mg (10.69%), Vitamin C: 8.5mg (10.3%), Selenium: 7.1µg (10.14%), Zinc: 1.25mg (8.36%), Iron: 1.4mg (7.79%), Vitamin B5: 0.74mg (7.36%), Magnesium: 28.02mg (7%), Vitamin E: 0.93mg (6.21%), Vitamin B12: 0.2µg (3.28%)