



Cauliflower and Carrot Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter melted
- 0.8 cup coarsely buttery round crackers crushed
- 4 medium carrots peeled diagonally sliced
- 1 head cauliflower
- 3 egg yolks
- 2 tablespoons juice of lemon
- 1 dash pepper sauce hot
- 0.3 teaspoon salt

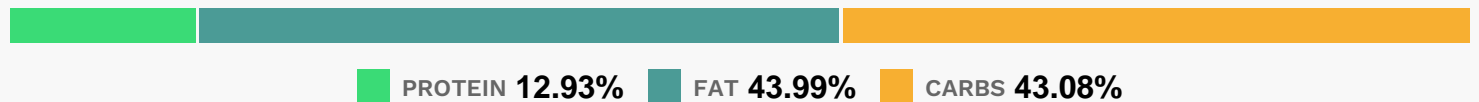
Equipment

- food processor
- oven
- pot
- blender
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Bring about 2 inches of water to a boil in a large pot.
- Add cauliflower and carrots, and boil for about 7 minutes, until fork tender.
- Drain well, and transfer to a 9x13 inch baking dish.
- While the vegetables are cooking, combine the egg yolks, salt, lemon juice and hot pepper sauce in a blender or food processor. Blend for a few seconds to mix, then continue to blend while slowly pouring in 1/2 cup of hot melted butter. Continue blending until thickened.
- Pour this sauce over the vegetables in the baking dish. Stir together the cracker crumbs and remaining butter; sprinkle over the top of the casserole.
- Bake for 20 minutes in the preheated oven, or until the casserole is bubbling, and the top is toasted.
- Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:15.12391296677%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 124.34kcal (6.22%), Fat: 6.4g (9.84%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 10.85g (3.95%), Sugar: 4.55g (5.05%), Cholesterol: 102.22mg (34.07%), Sodium: 239.67mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin A: 6982.19IU (139.64%), Vitamin C: 50.54mg (61.26%), Vitamin K: 24.2µg (23.05%), Folate: 81.96µg (20.49%), Vitamin B6: 0.27mg (13.54%), Fiber: 3.24g (12.97%), Manganese: 0.25mg (12.65%), Potassium: 441.16mg (12.6%), Phosphorus: 112.94mg (11.29%), Vitamin B5: 1.06mg (10.56%), Vitamin B2: 0.15mg (8.83%), Selenium: 6.03µg (8.61%), Vitamin B1: 0.13mg (8.34%), Vitamin B3: 1.26mg (6.3%), Iron: 1.11mg (6.17%), Vitamin E: 0.9mg (6%), Calcium: 58.58mg (5.86%), Magnesium: 21.48mg (5.37%), Zinc: 0.61mg (4.09%), Copper: 0.07mg (3.64%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.99%)