



Cheesy Carrots

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 pounds carrots cut into 2 inch pieces
- ☐ 0.8 cup bread crumbs dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 bell pepper green minced
- ☐ 1 onion minced
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounces sharp cheddar cheese shredded

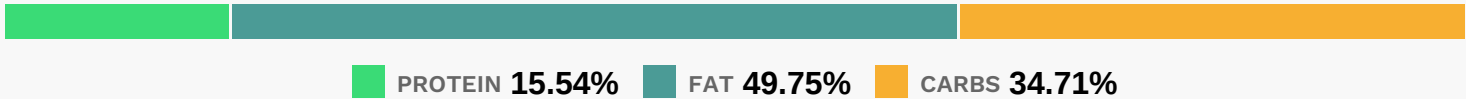
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ In a large pot of water, boil carrots until soft.
- ☐ Drain well.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch casserole dish.
- ☐ Place carrots in a large mixing bowl and mash them well. Stir in butter, onion, cheese, green pepper, parsley, salt and pepper.
- ☐ Transfer to the prepared baking dish and top with bread crumbs.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:16.862608655639%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 13.34g (20.52%), Saturated Fat: 7.42g (46.36%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 16.76g (6.09%), Sugar: 7.05g (7.84%), Cholesterol: 35.87mg (11.96%), Sodium: 556.11mg

(24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Vitamin A: 19529.07IU (390.58%), Vitamin K: 48.47µg (46.16%), Vitamin C: 22.16mg (26.86%), Calcium: 264.58mg (26.46%), Phosphorus: 195.13mg (19.51%), Fiber: 4.18g (16.72%), Selenium: 10.79µg (15.42%), Manganese: 0.3mg (14.87%), Vitamin B2: 0.24mg (14.26%), Potassium: 461.92mg (13.2%), Vitamin B1: 0.2mg (13.17%), Vitamin B6: 0.24mg (12%), Folate: 45.39µg (11.35%), Zinc: 1.53mg (10.17%), Vitamin B3: 1.91mg (9.57%), Vitamin E: 1.12mg (7.48%), Magnesium: 29.49mg (7.37%), Iron: 1.07mg (5.96%), Vitamin B12: 0.34µg (5.7%), Vitamin B5: 0.53mg (5.26%), Copper: 0.1mg (5.22%), Vitamin D: 0.17µg (1.13%)