

Coconut Carrot Casserole

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 45 ounces carrots mashed drained sliced canned
- 0.5 cup coconut flakes flaked
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 cup milk 2%
- 0.5 cup pecans chopped

- 0.5 cup sugar
- 1 teaspoon vanilla extract

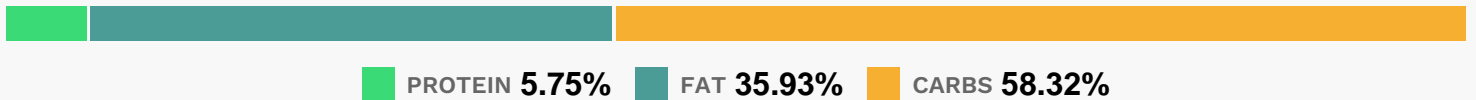
Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, milk, vanilla and carrots. Stir in coconut.
- Pour into a greased 2-qt. baking dish.
- Combine topping ingredients; sprinkle over the top.
- Bake, uncovered, at 350° for 35–40 minutes or until a thermometer reads 160°.

Nutrition Facts



Properties

Glycemic Index:31.49, Glycemic Load:15.98, Inflammation Score:-10, Nutrition Score:15.469999904218%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 309.29kcal (15.46%), Fat: 12.87g (19.81%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 40.93g (14.88%), Sugar: 34.65g (38.5%), Cholesterol: 49.23mg (16.41%), Sodium: 158.84mg (6.91%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 4.63g (9.27%), Vitamin A: 26801.11IU (536.02%), Manganese: 0.72mg (36.1%), Fiber: 6.09g (24.36%), Vitamin K: 21.61µg (20.58%), Potassium: 620.31mg (17.72%), Vitamin B6: 0.28mg (14.02%), Vitamin B1: 0.19mg (12.84%), Phosphorus: 122.09mg (12.21%), Vitamin B2: 0.2mg (11.67%), Vitamin C: 9.58mg (11.62%), Folate: 45.33µg (11.33%), Copper: 0.22mg (10.88%), Vitamin B3: 1.95mg (9.73%), Selenium: 6.62µg (9.46%), Magnesium: 36.79mg (9.2%), Vitamin E: 1.37mg (9.15%), Calcium: 89.75mg (8.98%), Vitamin B5: 0.78mg (7.8%), Iron: 1.31mg (7.27%), Zinc: 1.02mg (6.82%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.22µg (1.47%)