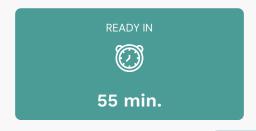


Creamy Carrot Casserole

Vegetarian







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

0.5 teaspoon pepper black freshly ground
2 pounds carrots
1 tablespoon flour all-purpose
3 medium garlic clove smashed
1.5 cups cup heavy whipping cream
1 tablespoon kosher salt
1.5 cups panko bread crumbs

4 tablespoons butter unsalted ()

Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	baking pan	
	aluminum foil	
Directions		
	Heat the oven to 350°F and arrange a rack in the middle. Lightly coat a 2-quart casserole or 11-by-7-inch baking dish with butter, and set aside.	
	Heat 2 tablespoons of the butter in a large frying pan over medium-high heat. When foaming subsides, add carrots, salt, and pepper and cook, stirring occasionally, until carrots just start to brown, about 7 minutes. Evenly sprinkle flour over carrots, stirring constantly. Cook until flour turns golden in color, about 1 to 2 minutes. Slowly pour in cream while constantly stirring bring to a boil, then remove from heat.	
	Transfer to the prepared dish and cover with aluminum foil.	
	Place in the oven and bake until cream is bubbling and carrots just give way when pierced with a knife, about 20 to 25 minutes. Meanwhile, heat remaining 2 tablespoons butter in a medium frying pan over medium heat. When foaming subsides, add garlic and cook until butter just begins to brown, about 3 minutes.	
	Add breadcrumbs to the pan and season with salt and freshly ground black pepper. Stir occasionally until panko is lightly browned and toasted, about 5 minutes.	
	Remove to a medium bowl and discard garlic. When casserole is ready, remove foil and allow to sit for about 10 minutes.	
	Sprinkle toasted breadcrumbs evenly over top before serving.	
Nutrition Facts		
	PROTEIN 5.31% FAT 66.7% CARBS 27.99%	

Properties

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 397.66kcal (19.88%), Fat: 30.23g (46.51%), Saturated Fat: 18.71g (116.96%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 23.52g (8.55%), Sugar: 9.86g (10.95%), Cholesterol: 87.3mg (29.1%), Sodium: 1394.27mg (60.62%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.42g (10.84%), Vitamin A: 26367.98IU (527.36%), Vitamin K: 23.81µg (22.67%), Manganese: 0.41mg (20.64%), Fiber: 5.02g (20.06%), Vitamin B1: 0.27mg (18.01%), Potassium: 581.8mg (16.62%), Vitamin B2: 0.27mg (15.96%), Vitamin B6: 0.27mg (13.38%), Vitamin B3: 2.61mg (13.05%), Folate: 49.8µg (12.45%), Calcium: 123.22mg (12.32%), Vitamin E: 1.78mg (11.85%), Phosphorus: 118.33mg (11.83%), Vitamin C: 9.75mg (11.81%), Selenium: 6.46µg (9.22%), Iron: 1.35mg (7.49%), Magnesium: 29.91mg (7.48%), Vitamin D: 1.09µg (7.28%), Vitamin B5: 0.67mg (6.74%), Copper: 0.12mg (6.19%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.16µg (2.73%)