



## Creamy Carrot Casserole

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



398 kcal

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

Glycemic Index:30.64, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:15.341739156972%

## 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 Quercetin: 0.34mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)