

## Grandmother's Carrot Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 pounds baby carrots
- 10 round buttery crackers crushed
- 1 cup cheddar cheese grated
- 1 cup mayonnaise
- 1 cup onion chopped
- 0.5 cup sugar

### Equipment

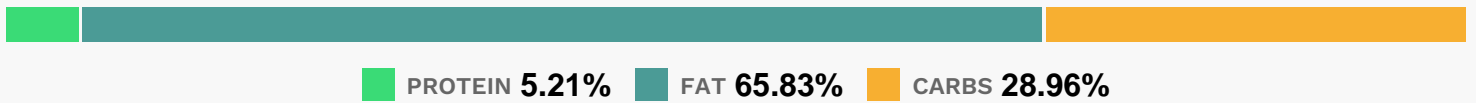
- bowl

- sauce pan
- oven
- casserole dish

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the carrots and onion into a large saucepan and fill with about 1 inch of water. Bring to a boil, then steam over medium heat until carrots are tender enough to pierce with a fork, 5 to 10 minutes.
- Drain and allow to cool slightly.
- In a large bowl, stir together the mayonnaise, sugar and cheese. Stir in the carrots and onion until evenly coated.
- Transfer to a casserole dish. Top with crumbled crackers.
- Bake for 20 to 30 minutes in the preheated oven, until sauce is bubbly and the top is toasted.

## Nutrition Facts



## Properties

Glycemic Index:29.02, Glycemic Load:12.42, Inflammation Score:-10, Nutrition Score:16.382173952849%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

## Nutrients (% of daily need)

Calories: 483.06kcal (24.15%), Fat: 35.77g (55.02%), Saturated Fat: 8.3g (51.89%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 30.44g (11.07%), Sugar: 25.64g (28.49%), Cholesterol: 34.51mg (11.5%), Sodium: 523.5mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin A: 21063.64IU (421.27%), Vitamin K: 78.12µg (74.4%), Calcium: 198.52mg (19.85%), Fiber: 4.95g (19.81%), Phosphorus: 157.82mg (15.78%), Manganese: 0.29mg (14.74%), Folate: 55.31µg (13.83%), Potassium: 425.52mg (12.16%), Selenium: 8.01µg (11.45%), Vitamin B6: 0.21mg (10.49%), Vitamin E: 1.55mg (10.3%), Vitamin B2: 0.17mg (9.89%), Iron: 1.74mg (9.68%), Copper: 0.18mg (9.11%), Vitamin B5: 0.8mg (8%), Zinc: 1.08mg (7.21%), Vitamin C: 5.9mg (7.16%), Magnesium: 24.19mg

(6.05%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 1.13mg (5.63%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.19µg (1.25%)