



Quick and Easy Carrot Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter melted
- 30 ounce carrots drained sliced canned
- 10.8 ounce cream of celery soup canned
- 0.3 cup bread crumbs dry
- 1 dash ground pepper white
- 1 cup cheddar cheese shredded

Equipment

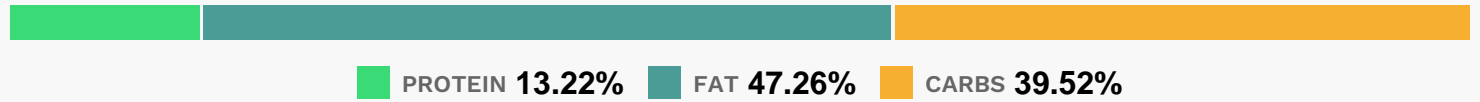
- bowl

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix carrots, celery soup, Cheddar cheese, and white pepper together in a bowl; pour into a 1-quart casserole dish.
- Mix bread crumbs and butter together in a small bowl; sprinkle over carrot mixture.
- Bake in preheated oven until topping is golden brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:14.801739143289%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 206.53kcal (10.33%), Fat: 11.14g (17.14%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 16.44g (5.98%), Sugar: 7.75g (8.61%), Cholesterol: 29.44mg (9.81%), Sodium: 531.02mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Vitamin A: 24070.61IU (481.41%), Vitamin K: 28.36µg (27.01%), Calcium: 205.42mg (20.54%), Fiber: 4.52g (18.08%), Manganese: 0.35mg (17.73%), Phosphorus: 159.38mg (15.94%), Potassium: 527.37mg (15.07%), Vitamin E: 1.84mg (12.27%), Vitamin B2: 0.2mg (12.01%), Vitamin B6: 0.22mg (10.97%), Selenium: 7.55µg (10.78%), Vitamin C: 8.5mg (10.3%), Vitamin B1: 0.15mg (10.29%), Vitamin B5: 0.96mg (9.59%), Folate: 36.8µg (9.2%), Vitamin B3: 1.84mg (9.19%), Zinc: 1.16mg (7.74%), Copper: 0.14mg (7.02%), Magnesium: 26.77mg (6.69%), Iron: 0.95mg (5.28%), Vitamin B12: 0.24µg (3.99%)