

## Savory Carrot Souffle

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 ounces butter melted
- 6 carrots cored peeled
- 2 large eggs
- 0.8 cup flour
- 0.3 cup cup heavy whipping cream
- 1 cup milk
- 0.5 teaspoon nutmeg grated
- 1 cup parmesan grated
- 1 teaspoon salt

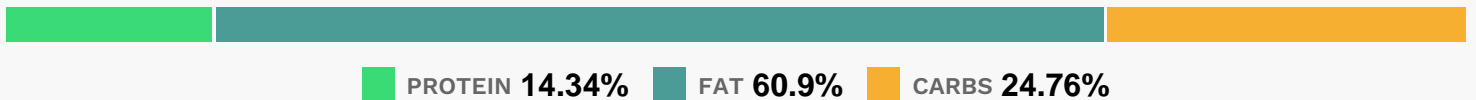
## Equipment

- bowl
- oven
- whisk
- pot
- ramekin
- double boiler

## Directions

- Start by cooking the carrots in salted boiling water until tender. Once tender drain all the water and pulse/blend the carrots with 1/2 of the milk till smooth. Set aside. In a small sauce pot start cooking the rest of the milk, heavy cream, flour, salt, butter, parmesan cheese, and nutmeg. Stir till thick consistency. Set aside to cool. Start by preheating oven to 350 degrees Fahrenheit.
- Whisk/beat the egg whites in a bowl till stiff peak. Set aside.
- Mix the carrot puree and white sauce (bechamel) together and add in the yolks one at a time, then fold in the stiff egg whites.
- Pour mixture in pre-greased ramekins and set in a bain-marie (water bath).
- Bake for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:51.14, Glycemic Load:11.47, Inflammation Score:-10, Nutrition Score:14.577391304348%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Taste

Sweetness: 79.22%, Saltiness: 96.61%, Sourness: 17.52%, Bitterness: 40.73%, Savoriness: 27.01%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 331.68kcal (16.58%), Fat: 22.63g (34.81%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 18.53g (6.74%), Sugar: 5.43g (6.03%), Cholesterol: 119.89mg (39.96%), Sodium: 829.95mg (36.08%), Protein: 11.99g (23.97%), Vitamin A: 10976.88IU (219.54%), Calcium: 289.65mg (28.97%), Phosphorus: 237.47mg (23.75%), Selenium: 15.44µg (22.06%), Vitamin B2: 0.32mg (19.04%), Vitamin B1: 0.2mg (13.47%), Folate: 50.13µg (12.53%), Manganese: 0.21mg (10.47%), Vitamin B12: 0.61µg (10.13%), Vitamin K: 9.86µg (9.39%), Potassium: 324.74mg (9.28%), Fiber: 2.16g (8.66%), Vitamin B6: 0.16mg (8.18%), Vitamin B3: 1.64mg (8.18%), Vitamin B5: 0.76mg (7.59%), Zinc: 1.14mg (7.58%), Iron: 1.36mg (7.54%), Vitamin E: 1.06mg (7.09%), Vitamin D: 1.02µg (6.82%), Magnesium: 26.26mg (6.57%), Vitamin C: 3.66mg (4.44%), Copper: 0.07mg (3.54%)