



Scalloped Carrots

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs soft
- ☐ 2 tablespoons butter melted
- ☐ 12 carrots peeled sliced
- ☐ 0.3 teaspoon celery seed
- ☐ 1.5 cups cheddar cheese cubed to taste
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 2 cups milk

- ☐ 0.3 teaspoon ground mustard
- ☐ 1 onion minced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white

Equipment

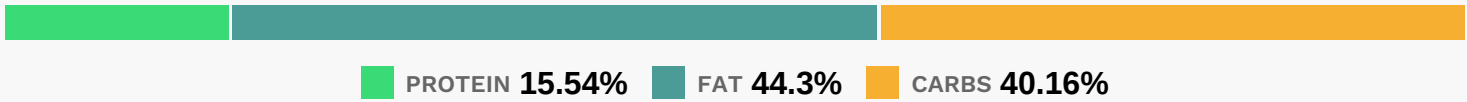
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2-quart casserole.
- ☐ Place carrots into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 4 to 6 minutes.
- ☐ Drain and transfer to a large bowl.
- ☐ Melt 1/3 cup butter in a heavy saucepan over low heat; cook and stir onion and garlic in the melted butter until tender, 5 to 10 minutes. Season with salt.
- ☐ Whisk flour into onion mixture until smooth; cook, stirring constantly, until flour mixture is a paste-like consistency and light brown, 5 to 10 minutes.
- ☐ Increase heat to medium; gradually stream milk into flour mixture until thick and bubbly, 5 to 10 minutes.
- ☐ Whisk Cheddar cheese, about 2 tablespoons at a time, stirring until cheese melts each time before adding more, forming a smooth sauce, 10 to 15 minutes. Stir in mustard powder, white pepper, celery seed, and 1/2 teaspoon salt until incorporated, 1 to 2 minutes.
- ☐ Pour sauce over carrots and toss to coat; transfer to the prepared casserole dish.
- ☐ Mix 2 tablespoons melted butter and bread crumbs together in a bowl until well coated; sprinkle over carrot mixture.

Bake in the preheated oven until sauce is bubbling and topping is browned, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.73, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:15.777826143348%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 261.12kcal (13.06%), Fat: 13.03g (20.04%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 23.01g (8.37%), Sugar: 8.79g (9.77%), Cholesterol: 36.03mg (12.01%), Sodium: 492.48mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin A: 15685IU (313.7%), Calcium: 287.88mg (28.79%), Phosphorus: 224.69mg (22.47%), Vitamin B2: 0.31mg (18.29%), Vitamin B1: 0.27mg (18.09%), Selenium: 12.38µg (17.68%), Manganese: 0.33mg (16.6%), Fiber: 3.56g (14.25%), Vitamin K: 13.99µg (13.33%), Potassium: 458.09mg (13.09%), Folate: 46.29µg (11.57%), Vitamin B6: 0.23mg (11.38%), Vitamin B3: 2.13mg (10.66%), Zinc: 1.52mg (10.13%), Vitamin B12: 0.61µg (10.12%), Magnesium: 32.98mg (8.24%), Vitamin C: 6.8mg (8.24%), Iron: 1.23mg (6.86%), Vitamin B5: 0.68mg (6.84%), Vitamin E: 0.9mg (5.97%), Vitamin D: 0.8µg (5.32%), Copper: 0.1mg (4.97%)