

Zesty Carrot Bake

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 1 pound carrots cut into 1/2-inch slices
- 0.5 cup breadcrumbs dry
- 1 tablespoon horseradish prepared
- 0.8 cup mayonnaise
- 2 tablespoons onion finely chopped
- 0.3 teaspoon pepper
- 0.5 cup sharp cheddar cheese shredded

0.3 cup water

Equipment

bowl

oven

baking pan

stove

microwave

Directions

On stovetop or microwave, cook carrots until tender.

Transfer to a 1-qt. baking dish; set aside.

In a small bowl, combine the next five ingredients.

Pour over carrots.


Combine bread crumbs and butter; sprinkle over top.

Bake, uncovered, at 350° for 25–30 minutes.

Sprinkle with cheese.

Bake 2–3 minutes longer or until cheese is melted.

Nutrition Facts

 **PROTEIN 5.36%** **FAT 76.99%** **CARBS 17.65%**

Properties

Glycemic Index:44.64, Glycemic Load:2.69, Inflammation Score:-10, Nutrition Score:12.698695752932%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 331.57kcal (16.58%), Fat: 28.61g (44.02%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 12.08g (4.39%), Sugar: 4.68g (5.2%), Cholesterol: 31.21mg (10.4%), Sodium: 398.74mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin A: 12859.27IU (257.19%), Vitamin K: 56.95µg (54.24%), Calcium: 114.28mg (11.43%), Fiber: 2.68g (10.73%), Vitamin E: 1.61mg (10.7%), Manganese: 0.21mg (10.59%), Vitamin B1: 0.14mg (9.63%), Phosphorus: 93.31mg (9.33%), Selenium: 5.79µg (8.27%), Potassium: 285.65mg (8.16%), Vitamin B2: 0.13mg (7.66%), Folate: 29.58µg (7.4%), Vitamin B3: 1.36mg (6.81%), Vitamin B6: 0.13mg (6.51%), Vitamin C: 5.33mg (6.46%), Zinc: 0.73mg (4.88%), Magnesium: 17.14mg (4.28%), Iron: 0.76mg (4.23%), Copper: 0.07mg (3.57%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.17µg (2.88%)