

Carrot Casserole

*Sonya H Davis - Huntington, WV
Southern Living - 1987 Annual Recipes*

Servings: 6

*4 1/2 cups sliced carrots
1/4 teaspoon salt
1/4 teaspoon sugar
1 1/2 cups water
1 cup celery, diced
1/2 cup onion, diced
1/2 cup mayonnaise
1 tablespoon prepared mustard*

Preheat the oven to 350 degrees.

In a medium saucepan, combine the carrots, salt, sugar and water. Bring to a boil over high heat.

Reduce the heat, cover, and simmer for 18 minutes or until tender. Drain.

Mash the carrots. Add the celery, onion, mayonnaise and mustard. Stir well.

Spoon into a lightly greased one-quart casserole.

Bake for 30 minutes or until lightly browned.

Per Serving (excluding unknown items): 182 Calories; 16g Fat (73.3% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 276mg Sodium. Exchanges: 0 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 182 | Vitamin B6 (mg): | .3mg |
| % Calories from Fat: | 73.3% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 23.5% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 3.2% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 16g | Folacin (mcg): | 23mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 4g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 8g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 6mg | % Refuse: | 0 0% |

| | |
|--------------------|---------|
| Carbohydrate (g): | 11g |
| Dietary Fiber (g): | 3g |
| Protein (g): | 2g |
| Sodium (mg): | 276mg |
| Potassium (mg): | 383mg |
| Calcium (mg): | 43mg |
| Iron (mg): | 1mg |
| Zinc (mg): | trace |
| Vitamin C (mg): | 11mg |
| Vitamin A (i.u.): | 25816IU |
| Vitamin A (r.e.): | 2586RE |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 182 | Calories from Fat: 133 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 16g | 24% |
| Saturated Fat | 2g | 11% |
| Cholesterol | 6mg | 2% |
| Sodium | 276mg | 11% |
| Total Carbohydrates | 11g | 4% |
| Dietary Fiber | 3g | 14% |
| Protein | 2g | |

| | |
|------------------|------|
| Vitamin A | 516% |
| Vitamin C | 18% |
| Calcium | 4% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.