

Carrot Soufflé Dessert

This recipe is part of the **Feast for the Eyes®** collection

- 1 pound carrots, peeled, coarsely chopped and cooked until tender
- 4 tablespoons butter, room temperature
- 2 jumbo eggs
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 3/4 cup lightly packed brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup pecans, chopped



Preheat the oven to 350 degrees. Grease a 2-quart casserole dish. In a bowl, mash the cooked carrots with butter, eggs, flour, baking powder, vanilla, extract, salt, brown sugar, cinnamon and nutmeg. Spoon into the casserole dish and top with the pecans. Bake for 45 minutes. (Serve with whipped cream, if desired.)

Nutritional Profile *(per serving, without whipped cream)*

Serves 8

Calories: 208

Total fat: 10 g

Saturated fat: 4 g

Protein: 3 g

Carbohydrates: 29 g

Fiber: 2 g

Sugars: 23 g

Cholesterol: 76 mg

Sodium: 252 mg

Vitamin A: 9,740 IU

Vitamin C: 3.4 mg

Vitamin E: 1.1 IU

Zinc: 0.5 mg

Beta-carotene: 4,710 mcg

Lutein and zeaxanthin: 228 mcg

Omega-3 fatty acids: 0.04 g

Carrot Soufflé Dessert Shopping List

- 1 pound carrots
- Butter
- Jumbo eggs
- All-purpose flour
- Baking powder
- Vanilla extract
- Brown sugar
- Cinnamon
- Nutmeg
- Chopped pecans
- Salt