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
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Shopping List

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