

Carrot Soufflé

This carrot soufflé is an excellent side dish, or great to serve with brunch.

Recipe by **LOUETTA** | Updated on August 1, 2022

Prep Time: 5 mins

Cook Time: 1 hrs

Total Time: 1 hrs 5 mins

Ingredients

- 1 pound carrots, coarsely chopped
- ½ cup margarine
- 1 teaspoon vanilla extract
- 3 large eggs
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¾ cup white sugar

Directions

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 2-quart casserole dish.

Step 2

Bring a large pot of salted water to a boil. Add carrots and cook until tender, 15 to 20 minutes. Drain and mash. Stir in margarine, vanilla extract, and eggs; mix well.

Step 3

Sift flour, baking powder, salt, and sugar together. Stir into the carrot mixture and blend until smooth. Transfer to the prepared casserole dish.

Step 4

Bake for 45 minutes.

Nutrition Facts

Per serving: 309 calories; total fat 18g; saturated fat 3g; cholesterol 93mg; sodium 508mg; total carbohydrate 35g; dietary fiber 2g; total sugars 28g; protein 4g; vitamin c 3mg; calcium 76mg; iron 1mg; potassium 225mg