

Stuffed Carrots

Clara June Waldrop - Prairie Hill, TX
Southern Living - 1987 Annual Recipes

Servings: 6

6 medium carrots, scraped
10 saltine crackers, finely crushed
2 hard-cooked eggs, mashed
1/4 cup celery, minced
1/4 cup onion, minced
1/4 cup butter or margarine, softened
1/4 teaspoon pepper
1/8 teaspoon salt

Preheat the oven to 350 degrees.

Cut the carrots five inches from the top, reserving the smaller end for another use. Cook the carrots, covered, in a small amount of water for 10 minutes or until crisp-tender. Let cool.

Cut the carrots in half lengthwise. Scoop out the center of each carrot.

In a bowl, combine the cracker crumbs, eggs, celery, onion, butter, pepper and salt. Toss to mix.

Stuff the carrots with the mixture. Place in a lightly greased 13x9x2-inch baking dish.

Bake, uncovered, for 30 minutes or until the carrots are hot.

Per Serving (excluding unknown items): 150 Calories; 10g Fat (59.8% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; 91mg Cholesterol; 236mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	150	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	27mcg

Saturated Fat (g): 5g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 91mg
Carbohydrate (g): 12g
Dietary Fiber (g): 3g
Protein (g): 3g
Sodium (mg): 236mg
Potassium (mg): 288mg
Calcium (mg): 40mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 20642IU
Vitamin A (r.e.): 2125RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 150 **Calories from Fat:** 90

% Daily Values*

Total Fat 10g 16%
 Saturated Fat 5g 27%
Cholesterol 91mg 30%
Sodium 236mg 10%
Total Carbohydrates 12g 4%
 Dietary Fiber 3g 10%
Protein 3g

Vitamin A 413%
Vitamin C 12%
Calcium 4%
Iron 5%

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