

Individual Mashed Carrot & Potato Bakes

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Servings: 4

1 pound carrots, peeled and cut into two-inch chunks

1 pound potatoes, peeled and cut into two-inch chunks

1/2 cup heavy cream

1 cup white Cheddar cheese, shredded

1 egg, lightly beaten

.5 tea, salted

Preheat the oven to 425 degrees.

In a four-quart pot, cook the carrots and potatoes in lightly salted boiling water for 25 to 30 minutes or until very tender. Drain. Let stand for 10 minutes to cool slightly.

Transfer the vegetables to a large bowl. Coarsely mash the vegetables.

Stir in the cream, cheese, egg and salt.

Divide the mixture among four eight- to ten-ounce ramekins.

Bake for 25 minutes or until lightly browned.

Serve with toasted rye bread.

Per Serving (excluding unknown items): 254 Calories; 13g Fat (43.2% calories from fat); 6g Protein; 32g Carbohydrate; 5g Dietary Fiber; 94mg Cholesterol; 71mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	254	Vitamin B6 (mg):	.5mg
% Calories from Fat:	43.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	48.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	36mcg
Saturated Fat (g):	7g	Niacin (mg):	3mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 94mg
Carbohydrate (g): 32g
Dietary Fiber (g): 5g
Protein (g): 6g
Sodium (mg): 71mg
Potassium (mg): 982mg
Calcium (mg): 61mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 32mg
Vitamin A (i.u.): 28913IU
Vitamin A (r.e.): 2983 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 254 **Calories from Fat:** 110

% Daily Values*

Total Fat 13g	19%
Saturated Fat 7g	36%
Cholesterol 94mg	31%
Sodium 71mg	3%
Total Carbohydrates 32g	11%
Dietary Fiber 5g	19%
Protein 6g	
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Vitamin A	578%
Vitamin C	53%
Calcium	6%
Iron	9%

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