

Carrot (sub. Butternut, Sweet Potato) Souffle

50, ¾ cup servings

½ cup vegetable

Ingredients	For 50 servings		Directions
	Weight	Measure	
Carrots, raw, peeled	12 lb.		Bring a large pot of water to a boil. Slice carrots and add to water. Cook until fork tender, about 15-20 minutes depending on how big the carrots were cut. Drain carrots well and transfer to a large bowl. Add melted butter and puree in batches in a food processor. Return pureed carrots to the bowl.
Butter, unsalted			
Maple Syrup		1 ¾ cup	To the pureed carrots add flour, syrup, baking powder, vanilla, and eggs. Mix well to combine, removing as many lumps as possible.
Flour		2/3 cup	
Baking powder		1 ½ tsp.	
Vanilla		1 ½ tsp.	
Eggs, whole, fresh, raw		11 large	
			Transfer carrot puree to a 2" full size hotel pan that has been thoroughly sprayed with pan release spray. Bake at 350 degrees F until browned for 30-35 minutes.
			NOTE: This souffle can be made with 16lbs butternut squash or sweet potato instead of carrots. The butternut and sweet potatoes can be boiled like carrots or roasted.



Serving size and yield	
Serving size:	3/4 cup
Yield:	50

Cooking time and temperature		
Oven type	Temperature	Time
Conventional :	375	35-40 minutes
Convection:	350	30 -35 minutes

Meal pattern contribution (based on serving size)		
Meat/meat alternates:		ounce equivalents
Grains:		ounce equivalents ¹
Fruits:		cups
Vegetables:	1/2	cups

Nutrients per serving								
Calories	128	Total fat (g)	5	Cholesterol (milligrams (mg))	50.6	Sodium (mg)	115	Iron (mg)
Protein (grams (g))	2.6	Saturated fat (g)	2.6	Total sugars (g)	11.9	Vitamin D (international units (IU))		Potassium (mg)
Carbohydrate (g)	19.3	Trans fat (g)	0	Dietary fiber (g)	3	Calcium (mg)	54.8	