

Awesome Sweet Potato Casserole

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 14 ounce coconut or flaked to taste
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup pecans finely chopped

- ☐ 3 cups sweet potatoes cooked mashed
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

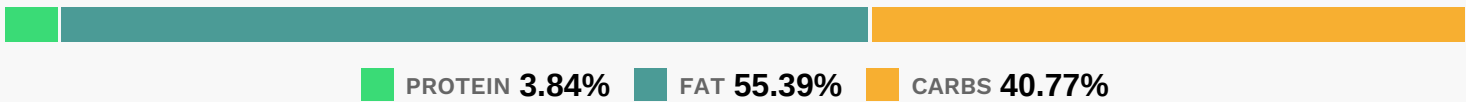
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat the pineapple, coconut, sweet potatoes, white sugar, eggs, vanilla extract, milk, and 1/2 cup melted butter together in a large mixing bowl until smooth.
- ☐ Pour mixture into the prepared pan; set aside.
- ☐ Mix the flour, brown sugar, 1/3 cup butter, and pecans in a bowl.
- ☐ Sprinkle pecan mixture over the batter.
- ☐ Bake in the preheated oven until the casserole is bubbly and the topping is browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.07, Glycemic Load:13.61, Inflammation Score:-10, Nutrition Score:12.677391337312%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin:

0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 422.55kcal (21.13%), Fat: 27.23g (41.89%), Saturated Fat: 18.48g (115.48%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 39.01g (14.19%), Sugar: 33.36g (37.07%), Cholesterol: 33.32mg (11.11%), Sodium: 71.72mg (3.12%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.25g (8.49%), Vitamin A: 3951.9IU (79.04%), Manganese: 1.15mg (57.66%), Fiber: 6.08g (24.32%), Copper: 0.37mg (18.52%), Selenium: 8.54µg (12.2%), Magnesium: 44.94mg (11.24%), Phosphorus: 110.1mg (11.01%), Potassium: 322.44mg (9.21%), Vitamin B6: 0.18mg (9.12%), Iron: 1.61mg (8.95%), Vitamin B1: 0.13mg (8.5%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.63mg (6.35%), Vitamin B2: 0.11mg (6.34%), Calcium: 46.28mg (4.63%), Folate: 15.8µg (3.95%), Vitamin E: 0.47mg (3.16%), Vitamin B3: 0.63mg (3.15%), Vitamin C: 2.54mg (3.07%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.31µg (1.25%), Vitamin D: 0.18µg (1.18%)