



Banana-Yam Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large but bananas firm ripe peeled halved lengthwise
- ☐ 6 tablespoons butter unsalted diced chilled ()
- ☐ 5 ounces graham crackers sweetened (32) (recommended: Maria Crackers)
- ☐ 1 teaspoon ground cinnamon
- ☐ 10.5 ounce marshmallows mini
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted for greasing the baking dish
- ☐ 0.8 cup almonds whole coarsely chopped
- ☐ 1.5 pounds yams peeled cut lengthwise into slices

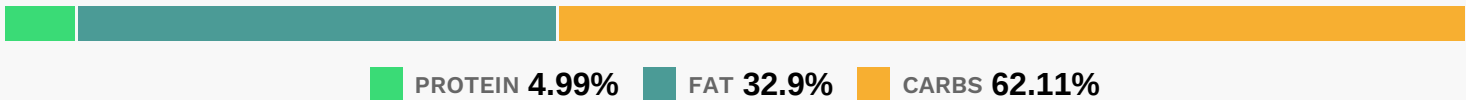
Equipment

- ☐ food processor
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Coat the bottom of a 13 by 9 by 2-inch glass baking dish with 2 tablespoons butter. Set aside
- ☐ In a heavy medium pot add the yams and cover with cold water. Bring to a boil over high heat. Reduce the heat and simmer until tender, about 10 minutes. (The color of the yams will turn brighter).
- ☐ Meanwhile, put the crackers, almonds, cinnamon, and salt in a food processor and pulse a few times to combine until coarse but not fully ground.
- ☐ Add 6 tablespoons butter and pulse until the mixture forms lumps slightly larger than peas. Refrigerate the streusel topping until ready to use.
- ☐ Spread half of the bananas and yams in 1 layer in the bottom of the prepared dish.
- ☐ Sprinkle with half of the streusel and half of the marshmallows. Repeat to make 1 more layer.
- ☐ Bake until the marshmallows are golden, about 25 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:45.95, Inflammation Score:-6, Nutrition Score:14.929999891831%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 532.95kcal (26.65%), Fat: 20.26g (31.17%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 86.07g (28.69%), Net Carbohydrates: 78.37g (28.5%), Sugar: 34.83g (38.7%), Cholesterol: 30.1mg (10.03%), Sodium: 301.91mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.88mg (43.76%), Fiber: 7.7g (30.81%), Potassium: 1073.39mg (30.67%), Vitamin E: 4.13mg (27.52%), Vitamin B6: 0.54mg (26.84%), Vitamin C: 20.47mg (24.81%), Magnesium: 84.05mg (21.01%), Copper: 0.39mg (19.36%), Phosphorus: 168.51mg (16.85%), Vitamin B2: 0.28mg (16.32%), Vitamin B1: 0.19mg (12.36%), Folate: 48.02µg (12%), Iron: 1.98mg (10.98%), Vitamin B3: 2.12mg (10.57%), Vitamin A: 511.62IU (10.23%), Calcium: 74.99mg (7.5%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.58mg (5.75%), Selenium: 2.61µg (3.72%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.21µg (1.4%)