

SIDE DISH

Bell's Sweet Potato Casserole

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	10	\$1.21	400 kcal

Need a gluten free side dish? Bell's Sweet Potato Casserole could be an amazing recipe to try. This recipe serves 10. For \$1.21 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. One portion of this dish contains about 6g of protein, 6g of fat, and a total of 40...

Ingredients

☐ ¼ cup butter	☐ ¼ teaspoon ground cinnamon
☐ ¼ teaspoon ground nutmeg	☐ 10½ ounce package miniature marshmallows
☐ 1 cup milk	☐ 1 tablespoon orange juice
☐ ¼ teaspoon salt	☐ 3 tablespoons sugar
☐ 6 pounds medium-size sweet potatoes	☐ 1 teaspoon vanilla extract

EQUIPMENT Sauce pan, Oven, Mixing bowl, Baking pan, Hand mixer

Method

- 1 Bring sweet potatoes and water to cover to a boil, and cook 20 to 30 minutes or until tender; drain. Peel potatoes, and place in a mixing bowl.
- 2 Heat milk and next 3 ingredients in a saucepan over medium heat, stirring until butter melts and sugar dissolves. (Do not boil.) Stir in orange juice, spices, and salt.
- 3 Beat potatoes at medium speed with an electric mixer until mashed.

- 4 Add milk mixture, beating until smooth. Spoon half of mashed sweet potatoes into a lightly greased 13- x 9-inch baking dish; top evenly with half of marshmallows.
- 5 Spread remaining mashed potatoes over marshmallows.
- 6 Bake at 350 for 25 minutes. Top with remaining half of marshmallows, and bake 8 to 10 more minutes or until marshmallows are golden.
- 7 Beebe Roberts, Birmingham, Alabama

Nutrition per serving			
	400	6 g	6 g
	KCAL	PROTEIN	FAT
			84 g
			CARBS
Saturated Fat			3.5 g · 22% of daily needs
Fibre			8.2 g · 33% of daily needs
Sugar			33.5 g · 37% of daily needs
Sodium			278 mg · 12% of daily needs
Cholesterol			15.1 mg · 5% of daily needs
Vitamin C			7.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/bells-sweet-potato-casserole-148555