



Bourbon Sweet Potato Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1 cup marshmallows miniature
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 3 pounds sweet potatoes and into

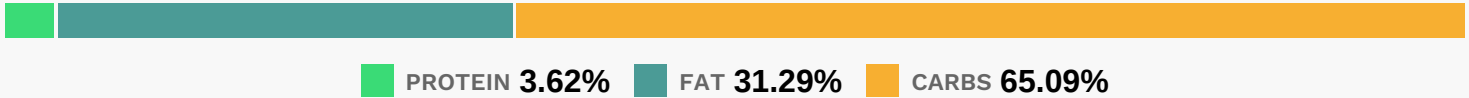
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Cook sweet potatoes in boiling water to cover 30 minutes or until tender.
- ☐ Drain.
- ☐ Let cool to touch; peel and mash potatoes.
- ☐ Combine mashed sweet potato, brown sugar, and next 5 ingredients in a large mixing bowl; beat at medium speed of an electric mixer until smooth. Spoon mixture into a lightly greased 1 1/2-quart casserole.
- ☐ Bake at 350 for 30 minutes or until thoroughly heated.
- ☐ Sprinkle with marshmallows and bake 5 additional minutes or until marshmallows are golden.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:16.41, Inflammation Score:-10, Nutrition Score:11.109565182872%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 274.26kcal (13.71%), Fat: 9.24g (14.22%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 39.15g (14.24%), Sugar: 19.94g (22.16%), Cholesterol: 0mg (0%), Sodium: 305.42mg (13.28%), Alcohol: 2g (100%), Alcohol %: 1.43% (100%), Protein: 2.41g (4.81%), Vitamin A: 19728.13IU (394.56%), Manganese:

0.38mg (18.85%), Fiber: 4.12g (16.47%), Vitamin B6: 0.29mg (14.69%), Potassium: 495.57mg (14.16%), Vitamin B5: 1.13mg (11.29%), Copper: 0.22mg (11.05%), Magnesium: 36.5mg (9.12%), Vitamin C: 7.45mg (9.02%), Vitamin B1: 0.12mg (7.68%), Phosphorus: 69.17mg (6.92%), Calcium: 55.17mg (5.52%), Iron: 0.96mg (5.33%), Vitamin B2: 0.09mg (5.3%), Vitamin E: 0.71mg (4.74%), Folate: 17.75µg (4.44%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.42mg (2.82%), Vitamin K: 2.49µg (2.37%), Selenium: 1.05µg (1.5%)