



## Charline's Sweet Potato Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



476 kcal

SIDE DISH

### Ingredients

- 0.5 cup brown sugar packed
- 1 cup coconut or flaked
- 1.5 cups cornflakes cereal crushed
- 4 eggs beaten
- 1 cup evaporated milk
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 0.8 cup butter melted

- 2 cups marshmallows miniature
- 1 cup pecans chopped
- 4 cups sweet potatoes cubed peeled
- 2 cups sugar white

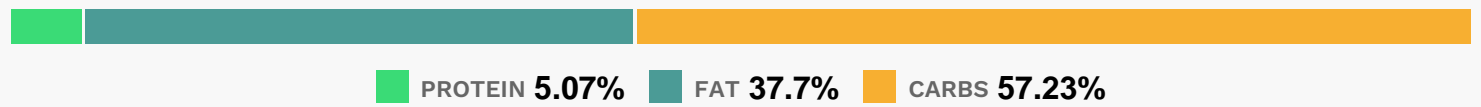
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Prepare a 9x13 inch baking dish with butter.
- In a large bowl, mash the sweet potatoes.
- Mix together with sugar, eggs, 3/4 cup margarine, evaporated milk, nutmeg, cinnamon, marshmallows and coconut. Scoop the mixture into the baking dish.
- Bake 20 minutes in the preheated oven, or until sweet potatoes are tender.
- In a small bowl, mix the crushed cornflakes, brown sugar, pecans and remaining 3/4 cup margarine.
- Spread the topping over the baked casserole.
- Return the casserole to the 400 degrees F (200 degrees C) oven and bake an additional 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.24, Glycemic Load:25.47, Inflammation Score:-10, Nutrition Score:19.342608659164%

## 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,

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## Nutrients (% of daily need)

Calories: 476.4kcal (23.82%), Fat: 20.67g (31.8%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 67.03g (24.38%), Sugar: 43.77g (48.64%), Cholesterol: 48.52mg (16.17%), Sodium: 343.26mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Vitamin A: 5968.3IU (119.37%), Iron: 7.76mg (43.1%), Manganese: 0.65mg (32.58%), Vitamin B2: 0.51mg (30.15%), Vitamin B6: 0.56mg (28.14%), Vitamin B1: 0.41mg (27.36%), Folate: 97.69µg (24.42%), Vitamin B3: 4.61mg (23.06%), Vitamin B12: 1.33µg (22.09%), Fiber: 3.57g (14.28%), Phosphorus: 133.75mg (13.37%), Copper: 0.26mg (12.87%), Selenium: 7.86µg (11.22%), Magnesium: 38.88mg (9.72%), Potassium: 303.36mg (8.67%), Calcium: 80.34mg (8.03%), Vitamin C: 6.34mg (7.68%), Vitamin B5: 0.75mg (7.53%), Vitamin D: 1.1µg (7.35%), Zinc: 1.08mg (7.2%), Vitamin E: 0.75mg (5.02%), Vitamin K: 1.09µg (1.04%)