



Chef John's Sweet Potato Casserole

READY IN



60 min.

SERVINGS



3

CALORIES



854 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.3 cup buttermilk
- ☐ 1 pinch cayenne pepper
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pinch ground allspice
- ☐ 0.5 cup brown sugar light
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup milk

- ☐ 0.5 cup roasted salted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds sweet potatoes cubed peeled
- ☐ 0.5 teaspoon vanilla extract

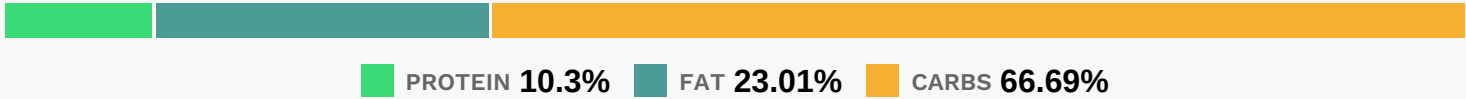
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2 1/2-quart baking dish with butter.
- ☐ Place sweet potato cubes into a large pot, cover with water, and add a large pinch of salt. Bring to a boil and cook until a knife is easily inserted into a sweet potato cube, about 10 minutes.
- ☐ Drain well. Return to the pot and mash 2 tablespoons butter into sweet potatoes.
- ☐ Whisk eggs, maple syrup, buttermilk, milk, vanilla extract, cayenne pepper, allspice, and 1/2 teaspoon salt together in a large bowl until smooth. Gradually mash sweet potatoes into egg mixture, starting with 2 tablespoons of sweet potato mixture, until all sweet potatoes are incorporated.
- ☐ Transfer sweet potatoes into prepared baking dish.
- ☐ Mix pistachios, brown sugar, flour, and 1/4 cup melted butter together until completely mixed. Crumble topping evenly over top of sweet potatoes. Use the back of a fork to gently press pistachio mixture down onto sweet potatoes.
- ☐ Bake in the preheated oven until topping is browned and casserole is set, 25 to 30 minutes. If desired, place under oven's broiler for 5 minutes to give topping a little more brown color.
- ☐ Let rest to cool slightly before serving, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:111.83, Glycemic Load:52.6, Inflammation Score:-10, Nutrition Score:34.589999862339%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 853.63kcal (42.68%), Fat: 21.98g (33.81%), Saturated Fat: 12.24g (76.47%), Carbohydrates: 143.35g (47.78%), Net Carbohydrates: 131.61g (47.86%), Sugar: 69.99g (77.76%), Cholesterol: 194.97mg (64.99%), Sodium: 828.15mg (36.01%), Alcohol: 0.23g (100%), Alcohol %: 0.05% (100%), Protein: 22.14g (44.28%), Vitamin A: 54369.84IU (1087.4%), Manganese: 1.73mg (86.49%), Vitamin B6: 1.19mg (59.55%), Vitamin B2: 0.95mg (55.6%), Potassium: 1665.96mg (47.6%), Fiber: 11.74g (46.95%), Selenium: 30.02µg (42.89%), Vitamin B1: 0.64mg (42.36%), Vitamin B5: 4.14mg (41.36%), Phosphorus: 397.98mg (39.8%), Copper: 0.66mg (33.07%), Magnesium: 126.6mg (31.65%), Vitamin B3: 5.34mg (26.7%), Calcium: 257.49mg (25.75%), Iron: 4.06mg (22.54%), Folate: 84.66µg (21.16%), Zinc: 2.78mg (18.51%), Vitamin B12: 0.77µg (12.81%), Vitamin E: 1.87mg (12.46%), Vitamin C: 9.12mg (11.06%), Vitamin D: 1.38µg (9.22%), Vitamin K: 8.44µg (8.04%)