



 7%
HEALTH SCORE

Cornflake, Pecan, and Marshmallow-Topped Sweet Potato Casserole

READY IN



150 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 tablespoon butter melted
- 2 tablespoons butter softened
- 1.3 cups cornflakes crushed
- 1 large eggs

- 0.5 cup milk 2% reduced-fat
- 1.3 cups marshmallows miniature
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 2.5 pounds sweet potatoes and into (5 medium)
- 0.5 teaspoon vanilla extract

Equipment

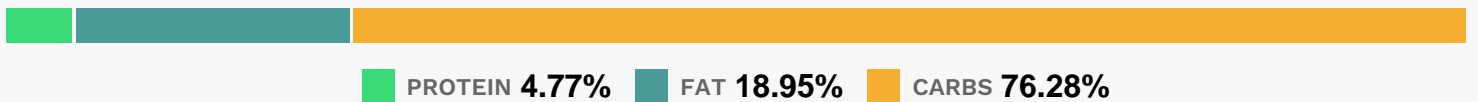
- food processor
- baking sheet
- oven
- baking pan
- hand mixer
- potato masher

Directions

- Prepare filling: Preheat oven to 40
- Bake sweet potatoes on a baking sheet 1 hour or until tender. Reduce oven temperature to 35
- Let potatoes stand until cool to touch (about 20 minutes); peel and mash with a potato masher.
- Beat mashed sweet potatoes, 2 Tbsp. softened butter, and next 5 ingredients at medium speed with an electric mixer until smooth. Spoon mixture into an 11- x 7-inch baking dish coated with cooking spray.
- Prepare topping: Stir together crushed cornflakes cereal and next 3 ingredients.
- Sprinkle over sweet potato mixture in diagonal rows 2 inches apart.
- Bake at 350 for 30 minutes.
- Remove from oven; let stand 10 minutes.
- Sprinkle miniature marshmallows in alternate rows between cornflake mixture, and bake 10 more minutes.
- More Irresistible Options

- Golden Meringue–Topped Sweet Potato Casserole: Omit Cornflake, Pecan, and Marshmallow Topping.
- Bake Sweet Potato Filling at 350 for 30 minutes.
- Remove from oven; let stand 10 minutes. Beat 4 egg whites at high speed with an electric mixer until foamy. Gradually add 1/4 cup granulated sugar, 1 Tbsp. at a time, beating until stiff peaks form and sugar is dissolved.
- Spread meringue over sweet potato mixture; bake 10 more minutes or until golden. Hands–on Time: 30 min.; Total Time: 2 hr., 40 min.
- Per serving: Calories 216; Fat 8g (sat 1g, mono 1g, poly 2g); Protein 8g; Carb 3g; Fiber 1g; Chol 31mg; Iron 1mg; Sodium 271mg; Calc 66mg
- Pecan–Topped Sweet Potato Casserole: Omit Cornflake, Pecan, and Marshmallow Topping. Pulse 3 Tbsp. all–purpose flour and 1/4 cup firmly packed brown sugar in a food processor until combined.
- Add 1 Tbsp. cold butter, cut into small pieces, and process 45 seconds or until mixture resembles coarse meal; stir in 1/3 cup finely chopped pecans.
- Sprinkle mixture over Sweet Potato Filling in baking dish.
- Bake at 350 for 40 to 45 minutes or until topping is golden brown. Hands–on Time: 20 min.; Total Time: 2 hr., 20 min.
- Per serving: Calories 267; Fat 8g (sat 4g, mono 5g, poly 4g); Protein 7g; Carb 5g; Fiber 6g; Chol 35mg; Iron 4mg; Sodium 256mg; Calc 75mg

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:17.93, Inflammation Score:-10, Nutrition Score:14.466521734777%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg,

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Nutrients (% of daily need)

Calories: 356.48kcal (17.82%), Fat: 7.7g (11.85%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 69.73g (23.24%), Net Carbohydrates: 65g (23.64%), Sugar: 41.37g (45.96%), Cholesterol: 35.72mg (11.91%), Sodium: 319.57mg (13.89%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.36g (8.72%), Vitamin A: 20369.77IU (407.4%), Manganese: 0.55mg (27.56%), Vitamin B6: 0.41mg (20.55%), Fiber: 4.73g (18.93%), Potassium: 570.9mg (16.31%), Copper: 0.29mg (14.56%), Iron: 2.56mg (14.25%), Vitamin B5: 1.37mg (13.68%), Vitamin B1: 0.2mg (13.35%), Vitamin B2: 0.22mg (12.67%), Magnesium: 46.68mg (11.67%), Phosphorus: 109.58mg (10.96%), Calcium: 93.25mg (9.33%), Folate: 36.18µg (9.04%), Vitamin B3: 1.67mg (8.37%), Vitamin B12: 0.36µg (6.02%), Selenium: 4.18µg (5.97%), Vitamin C: 4.39mg (5.32%), Zinc: 0.79mg (5.28%), Vitamin E: 0.61mg (4.09%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.28µg (1.88%)