



Cornflake, Pecan, and Marshmallow-Topped Sweet Potato Casserole

READY IN



150 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons butter softened
- ☐ 1.3 cups cornflakes cereal 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 (5 medium)
- ☐ 0.5 teaspoon vanilla extract

Equipment

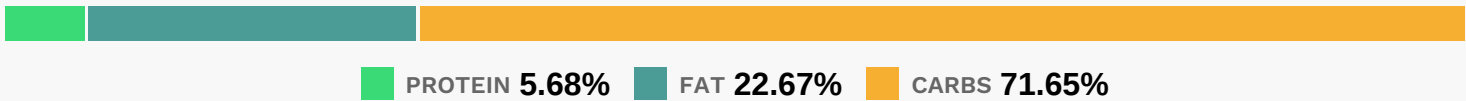
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ potato masher

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:14.265217340511%

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, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.53kcal (14.93%), Fat: 7.7g (11.85%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 54.77g (18.26%), Net Carbohydrates: 50.04g (18.2%), Sugar: 26.57g (29.53%), Cholesterol: 35.72mg (11.91%), Sodium: 315.3mg (13.71%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 4.34g (8.69%), Vitamin A: 20369.77IU (407.4%), Manganese: 0.54mg (27.07%), Vitamin B6: 0.4mg (20.23%), Fiber: 4.73g (18.93%), Potassium: 550.61mg (15.73%), Copper: 0.28mg (14.2%), Iron: 2.46mg (13.65%), Vitamin B5: 1.35mg (13.48%), Vitamin B1: 0.2mg (13.35%), Vitamin B2: 0.22mg (12.67%), Magnesium: 45.3mg (11.33%), Phosphorus: 108.97mg (10.9%), Folate: 36.02µg (9.01%), Vitamin B3: 1.66mg (8.28%), Calcium: 80.6mg (8.06%), Vitamin B12: 0.36µg (6.02%), Selenium: 4µg (5.71%), Vitamin C: 4.39mg (5.32%), Zinc: 0.79mg (5.25%), Vitamin E: 0.61mg (4.09%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.28µg (1.88%)