



WHATSheATE



Dairy-Free Sweet Potato Casserole



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup spiced apple butter (such as Musselman's)
- ☐ 0.3 cup full fat coconut cream canned
- ☐ 0.3 cup coconut sugar
- ☐ 0.3 cup tablespoons dairy-free margarine divided melted
- ☐ 2 eggs
- ☐ 0.3 cup honey
- ☐ 0.5 cup pecans chopped for nut-free (omit)
- ☐ 2 pounds sweet potatoes cubed peeled (3 large)

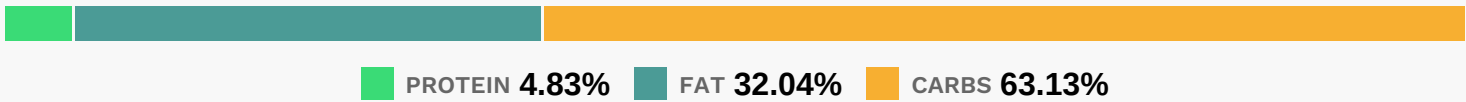
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Place potatoes in medium saucepan; add about 1 inch of water. Cover and cook 10 to 15 minutes or until tender.
- ☐ Remove pan from heat, drain sweet potatoes, then return potatoes to pan to help excess moisture evaporate.Preheat your oven to 350°F and spray 1 1/2-quart casserole with cooking spray.
- ☐ Add the apple butter, eggs, coconut milk or cream, honey and 1/4 cup margarine to a large mixing bowl, and mix to combine.
- ☐ Add cooked sweet potatoes and mix until mashed.Spoon the sweet potato mixture into your prepared casserole dish.In a small bowl, stir the brown sugar, pecans (if using) and remaining 2 tablespoons margarine together until all ingredients are evenly distributed.
- ☐ Sprinkle evenly over the sweet potatoes.
- ☐ Bake for 20 to 30 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:15.03, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:13.464782606%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg,

Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg,
Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,
Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 327.21kcal (16.36%), Fat: 11.99g (18.44%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 53.14g (17.71%),
Net Carbohydrates: 48.56g (17.66%), Sugar: 32.2g (35.78%), Cholesterol: 40.92mg (13.64%), Sodium: 131.69mg
(5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin A: 16426.19IU (328.52%),
Manganese: 0.74mg (37.02%), Fiber: 4.58g (18.31%), Copper: 0.3mg (15.13%), Vitamin B6: 0.29mg (14.36%),
Potassium: 486.16mg (13.89%), Vitamin E: 1.89mg (12.58%), Vitamin B5: 1.18mg (11.75%), Magnesium: 42.03mg
(10.51%), Phosphorus: 102.9mg (10.29%), Vitamin B1: 0.14mg (9.2%), Vitamin B2: 0.14mg (8.03%), Iron: 1.36mg
(7.53%), Selenium: 5.06µg (7.23%), Vitamin K: 6.46µg (6.15%), Calcium: 57.66mg (5.77%), Zinc: 0.85mg (5.7%),
Folate: 20.77µg (5.19%), Vitamin B3: 0.81mg (4.06%), Vitamin C: 3.21mg (3.89%), Vitamin B12: 0.1µg (1.63%), Vitamin
D: 0.22µg (1.47%)