



Dairy-Free Sweet Potato Casserole

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.7 cup lightly enjoy life rice cereal crispy crushed
- ☐ 0.3 cup oil melted (Spectrum)
- ☐ 0.5 cup sunflower seeds
- ☐ 3 cups sweet potatoes mashed

Equipment

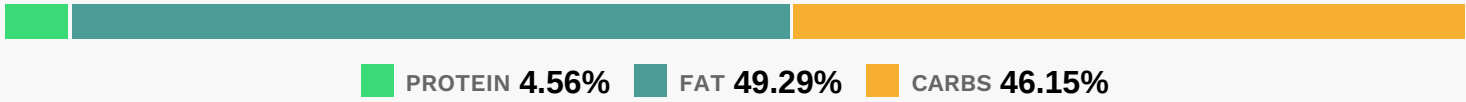
- ☐ oven

☐ casserole dish

Directions

- ☐ Mix topping ingredients and set aside.Blend the Sweet Potato ingredients and place in a lightly greased casserole dish.
- ☐ Bake at 400°F for 35–40 minutes, or until heated throughout the casserole dish.
- ☐ Add topping and bake for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:12.319565246934%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.31kcal (11.42%), Fat: 12.92g (19.88%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 24.89g (9.05%), Sugar: 15.82g (17.58%), Cholesterol: 0mg (0%), Sodium: 50.59mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 7121.99IU (142.44%), Vitamin E: 3.61mg (24.06%), Manganese: 0.4mg (20.16%), Vitamin B6: 0.26mg (13.22%), Vitamin B1: 0.2mg (13.06%), Copper: 0.24mg (11.94%), Magnesium: 41.67mg (10.42%), Folate: 41.31µg (10.33%), Fiber: 2.33g (9.31%), Iron: 1.61mg (8.93%), Phosphorus: 82.68mg (8.27%), Selenium: 5.35µg (7.64%), Vitamin B3: 1.41mg (7.04%), Potassium: 245.15mg (7%), Vitamin B5: 0.6mg (6.03%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.1mg (5.66%), Vitamin K: 5.5µg (5.24%), Calcium: 42.57mg (4.26%), Vitamin C: 1.82mg (2.2%), Vitamin B12: 0.13µg (2.1%)