



Dessert for Dinner Sweet Potato Casserole

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup pecans finely chopped
- ☐ 5 sweet potatoes sliced to taste
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white

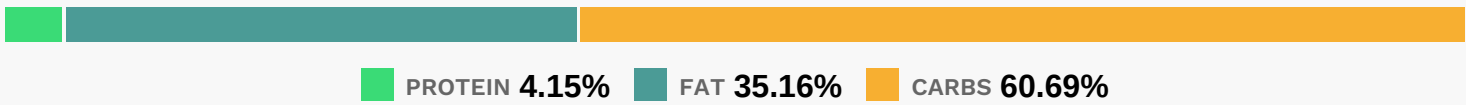
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place sweet potatoes into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain and immediately peel sweet potatoes; transfer to a large bowl and mash.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir white sugar, 1/2 cup melted butter, milk, eggs, and vanilla extract into mashed sweet potatoes; pour into a 9x13-inch baking dish.
- ☐ Mix pecans, brown sugar, 1/2 cup melted butter, and flour together in a bowl.
- ☐ Sprinkle pecan mixture over sweet potato mixture. Cover baking dish with aluminum foil.
- ☐ Bake in the preheated oven until cooked through, 25 to 35 minutes.
- ☐ Remove aluminum foil and continue baking until pecans are lightly browned, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:17.99, Inflammation Score:-10, Nutrition Score:10.530869592791%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg

Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate:
0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg,
Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg,
Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.14kcal (14.21%), Fat: 11.42g (17.56%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 44.33g (14.78%),
Net Carbohydrates: 41.45g (15.07%), Sugar: 29.29g (32.54%), Cholesterol: 36.17mg (12.06%), Sodium: 97.79mg
(4.25%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 3.03g (6.06%), Vitamin A: 10236.53IU
(204.73%), Manganese: 0.53mg (26.35%), Fiber: 2.88g (11.51%), Copper: 0.21mg (10.28%), Vitamin B6: 0.18mg
(9.06%), Vitamin B1: 0.14mg (9.03%), Potassium: 304.04mg (8.69%), Vitamin B5: 0.77mg (7.65%), Phosphorus:
73.29mg (7.33%), Magnesium: 29.29mg (7.32%), Vitamin B2: 0.11mg (6.27%), Selenium: 4.08µg (5.83%), Iron:
0.99mg (5.48%), Folate: 19.35µg (4.84%), Calcium: 47.58mg (4.76%), Zinc: 0.65mg (4.31%), Vitamin B3: 0.73mg
(3.66%), Vitamin E: 0.51mg (3.37%), Vitamin C: 1.77mg (2.15%), Vitamin K: 2.05µg (1.95%), Vitamin B12: 0.08µg
(1.36%), Vitamin D: 0.15µg (1.01%)