



## Easy Southern Sweet Potato Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

### Ingredients



1 cup brown sugar



10.5 ounce marshmallows



1 pound sweet potatoes cubed peeled

### Equipment



bowl



oven

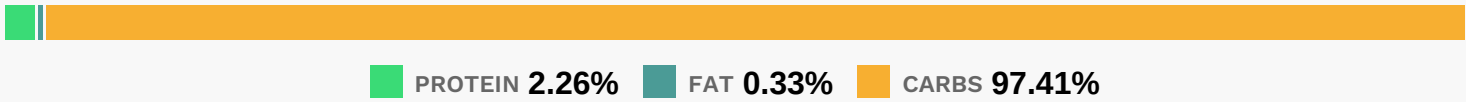


casserole dish

# Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch casserole dish.
- ☐ Toss sweet potatoes with brown sugar in a bowl until coated; arrange in the prepared casserole dish. Top sweet potatoes with marshmallows.
- ☐ Bake in the preheated oven until sweet potatoes are tender and marshmallows are browned, 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.81, Glycemic Load:23.91, Inflammation Score:-10, Nutrition Score:7.4095652051594%

## Flavonoids

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: 271.58kcal (13.58%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 66.9g (24.33%), Sugar: 50.48g (56.09%), Cholesterol: 0mg (0%), Sodium: 68.65mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin A: 8043.89IU (160.88%), Manganese: 0.17mg (8.34%), Fiber: 1.74g (6.95%), Copper: 0.13mg (6.73%), Potassium: 229.51mg (6.56%), Vitamin B6: 0.13mg (6.54%), Vitamin B5: 0.49mg (4.92%), Magnesium: 17.39mg (4.35%), Calcium: 40.95mg (4.1%), Iron: 0.63mg (3.48%), Phosphorus: 30.73mg (3.07%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.3µg (1.86%), Folate: 6.88µg (1.72%), Vitamin C: 1.36mg (1.65%), Zinc: 0.19mg (1.29%)