



Easy Sweet Potato Casserole

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



769 kcal

SIDE DISH

Ingredients

- 1.3 cups firmly brown sugar packed
- 0.3 cup butter melted
- 0.5 cup butter softened
- 2 large eggs
- 0.5 cup flour all-purpose
- 1.3 cups granulated sugar
- 0.5 cup milk
- 1.3 cups pecans finely chopped

- 0.5 teaspoon salt
- 120 oz cut sweet potatoes in syrup drained canned
- 1.3 teaspoons vanilla extract

Equipment

- oven
- baking pan
- hand mixer

Directions

- Beat sweet potatoes and next 6 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a lightly greased 13- x 9-inch baking dish.
- Combine 1 1/4 cups brown sugar and next 3 ingredients.
- Sprinkle evenly over top of sweet potato mixture.
- Bake at 350 for 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.11, Glycemic Load:54.96, Inflammation Score:-10, Nutrition Score:25.403912689375%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 768.91kcal (38.45%), Fat: 26.8g (41.24%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 127.7g (42.57%), Net Carbohydrates: 116.02g (42.19%), Sugar: 67.1g (74.56%), Cholesterol: 79.33mg (26.44%), Sodium: 451.97mg (19.65%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 9.09g (18.18%), Vitamin A: 48817.48IU (976.35%), Manganese: 1.56mg (77.84%), Fiber: 11.68g (46.73%), Vitamin B6: 0.78mg (38.94%), Potassium: 1283.48mg (36.67%), Copper: 0.71mg (35.43%), Vitamin B5: 3.12mg (31.23%), Vitamin B1: 0.42mg (27.74%), Magnesium: 108.49mg (27.12%), Phosphorus: 242.17mg (24.22%), Vitamin B2: 0.33mg (19.43%), Iron: 3.1mg (17.21%), Calcium: 160.88mg (16.09%), Folate: 57.4µg (14.35%), Zinc: 1.89mg (12.59%), Vitamin B3: 2.48mg (12.42%), Selenium: 8.65µg (12.36%), Vitamin E: 1.63mg (10.86%), Vitamin C: 8.31mg (10.08%), Vitamin K: 8.01µg (7.63%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.33µg (2.23%)